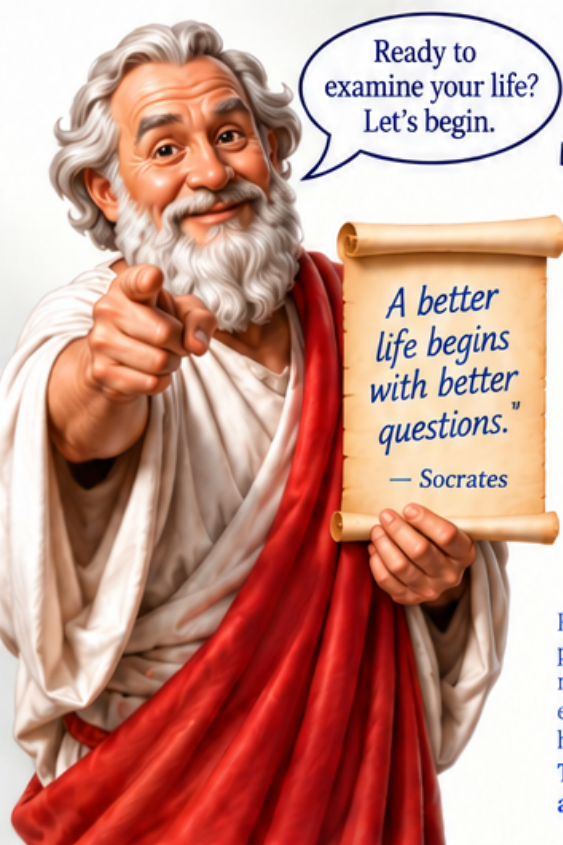




Ready to  
examine your life?  
Let's begin.

*A better  
life begins  
with better  
questions.*  
— Socrates

# The Unexamined Life

A STARTING POINT FOR A MORE THOUGHTFUL TOMORROW

## Socrates and the Unexamined Life

More than 2,400 years ago, Socrates stood trial in Athens. In the defense speech recorded by Plato in *Apology*, he declared:

*“The unexamined life is not worth living.”*

His point was not that life must be perfect. It was that a meaningful life requires questioning assumptions, examining what we believe, and having the courage to look inward. **That is exactly what you are about to do.**

## The Taxi Story

In his 1972 song “Taxi,” folk singer Harry Chapin tells the story of a cab driver who picks up Sue, a woman he knew years earlier when both were dreamers. He imagined becoming a pilot. She imagined becoming an actress. Their lives took different turns, and the ride confronts them with the distance between youthful dreams and adult reality.

In a few short minutes, they realize that the dreams they once shared didn’t come true. It’s a powerful reminder: life moves quickly. The more honest we are with ourselves now, the greater the chance we can still steer toward a life that matters.



*Before you get in the cab,  
ask yourself the questions.*

Where Are You Today?  
TAKE AN HONEST LOOK AT YOUR CURRENT CONDITION

1

LIFE DASHBOARD

On a scale of 0 to 10, rate how you see your life today. There are no right or wrong answers. These numbers are simply a snapshot of where you are right now.

| Area of Life      | 0                     | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     | 7                     | 8                     | 9                     | 10                    | Opposite End                |
|-------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------------|
| Happiness         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Deeply happy                |
| Joy               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Frequently experience it    |
| Contentment       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Deeply satisfied            |
| Peace             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Inner calm                  |
| Purpose           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Clear sense of purpose      |
| Relationships     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Deeply connected            |
| Self-respect      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Respect who I've become     |
| Confidence        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Trust myself                |
| Authenticity      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Living as myself            |
| Growth            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Still becoming              |
| Hope              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Excited about what's ahead  |
| Life satisfaction | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | I value the life I've built |

Which number surprised you most? Why?

2

YOUR LIFE TIMELINE

Where do you feel you are on your life timeline?

WAY BEHINDRIGHT ABOUT HEREWAY AHEAD

Behind or ahead of whom? \_\_\_\_\_

3

HAPPINESS AND GROWTH

Can you be happy without growth?

☐ Yes☐ No☐ Not sure

Do you feel a major overhaul is needed to get where you want to be in life?

☐ Yes☐ No☐ Not sure

What do you need to attain or arrive at your happy saturation point? (Check all that apply)

☐ More money☐ Better health☐ Better relationship☐ Recognition☐ Career accomplishment☐ Retirement

☐ More friends☐ Forgiveness/reconciliation☐ Greater purpose☐ More freedom☐ Something else: \_\_\_\_\_

*“It is never too late to be what you might have been.”*  
— GEORGE ELIOT

THINKFORMATION™ GUY SAYS:  
*“Honesty now leads to freedom later.”*