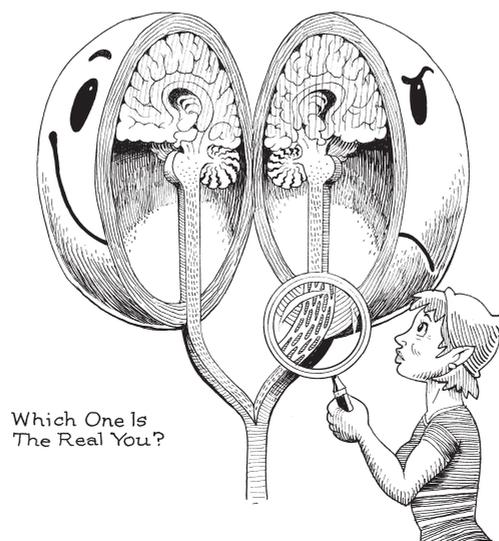


# YOUR YOU-Q

## Measure Your Inner and Outer Beauty

In this book, we're going to give you lots of advice about things you can do to look, feel, and be more beautiful. Some of them you should absolutely do, because they contribute to your overall health. Others? They may not be so clear-cut, because, unlike flip-flops and baby cribs, they're not a one-size-fits-all proposition. What works for you may be absolutely wrong for someone else.

To that end, we've developed the ultimate YOU-Q Test—a quick exercise that will help you identify the things that can help you become happier and more satisfied with yourself. And your life. The key to all of it: finding what we call *authentic beauty*. True beauty comes when you engage with your fellow man in a healthy fashion. That's real authenticity and what will make you happier.



Authentic beauty comes from closing the gap between the Current YOU and the Potential YOU.

**Current YOU** (who you are right now): This includes your physical appearance (bunions and all) and all of the characteristics and quirks that make you, you.

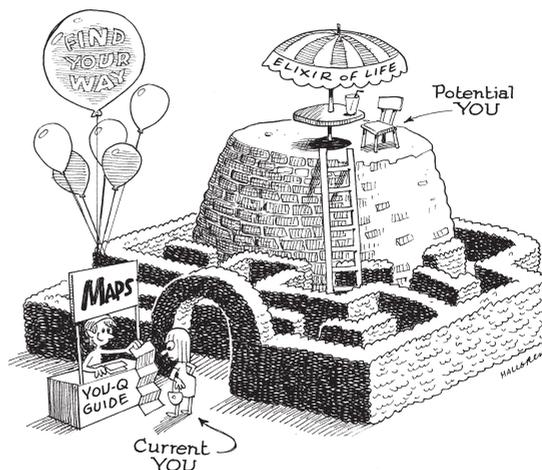
**Potential YOU** (the person you would like to be, remembering that that may not be the perfect person): Current YOU with some adjustments—perhaps a bit thinner, a little more empathetic, a better cello player, maybe even a redhead.

When the gap between Current YOU and Potential YOU is wider than a 12-lane interstate, you're going to feel less beautiful, less satisfied, and less confident. Close the gap, and bingo, you're hitting the bull's-eye on the target of authentic beauty.

No IQ test or SAT or insect-looking inkblot can help you identify the size of your gap. This YOU-Q Test will. The YOU-Q tests the nature and size of your gaps in four major areas—and gives you plenty of issues to ponder. But don't think of this as a final exam. Think of it as more of a practice test that you can retake and retake and retake until you come as close to perfection as possible.

As you read the book, your test results will help you understand where to focus your attention in order to bring Current YOU and Potential YOU into better alignment to find true happiness. To help you along the way, you're going to record your scores on the YOU-Q report sheet at the end of the chapter. OK, sharpen your No. 2 pencils and let's begin.

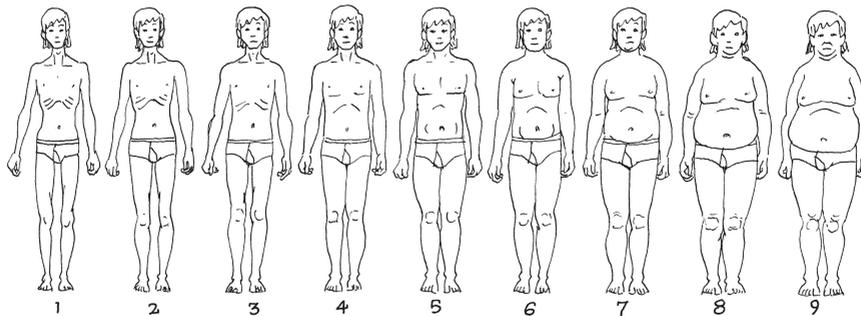
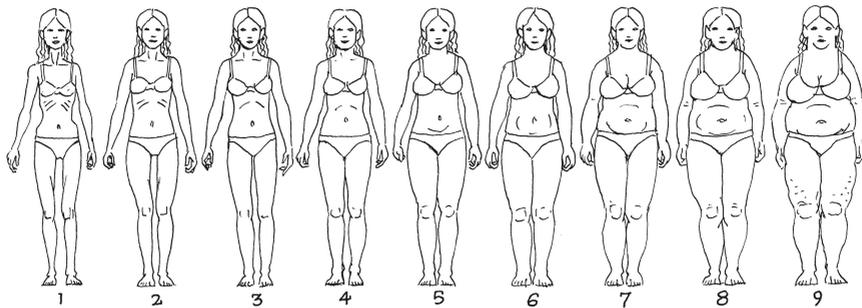
*Note: All the questions in this test are based on validated studies, i.e., real docs spent years proving that these are the appropriate questions to ask to get accurate answers to help you understand yourself. We even enlisted the help of world expert psychologist Dr. Art Markman from the University of Texas to ensure accuracy.*



## Part I: Looking Beautiful

Think about the appearance you present to the outside world—your face and body. Using the figure below, answer these two questions (be honest, bucko, nobody's looking but you):

1. Circle the image that most closely corresponds to the body type you have *right now*.
2. Circle the image that represents what you think would be the *ideal* body type for you. This body type should be the one that you want, not the one that you think others might want for you.



For this part of scoring your test, look at the difference between your responses to questions 1 and 2. Just count how many bodies are between the ones you picked; don't worry about the direction.

If the difference between your answers is:

**6 or 7 bodies:** We have some work to do. So put **0** in the Body Score box on page 11.

**5 bodies:** Give yourself **3** body score points in the box at the end of this section.

**4 bodies:** Give yourself **6** body score points in the box at the end of this section.

- 3 bodies:** Give yourself **9** body score points in the Body Score box below.
- 2 bodies:** Give yourself **12** body score points in the Body Score box below.
- 1 body:** Give yourself **15** body score points in the Body Score box below.
- 0 body:** Give yourself **18** body score points in the Body Score box below.
- Picked the same body for both:** Congratulations! Give yourself **21** body score points in the Body Score box.

Answer these four questions about your face and skin:

	Strongly Disagree			Strongly Agree			
	1	2	3	4	5	6	7
3. I am happy with the way my face looks.							
4. There is nothing about my face that I would change, even if I could.							
5. I am happy with the skin on my face.							
6. I am happy with my hair and the way I take care of my hair.							

Calculating your score for Part I:



Your raw score can range from a low of 4 to a high of 49.

## Your Looking Beautiful Raw Score

The scales in this section reveal about how happy you are with your overall appearance, focusing on your face and body. Find the range for your score on the Looking Beautiful test analysis below. After you read what scores in that range mean, write down the number of YOU-Q points you get for this score in the YOU-Q worksheet at the end of the section.

### If Your Raw Score Is

#### **4–18**

There's a lot about your appearance that bothers you. You probably feel bad whenever you look in the mirror. It will take a lot of work to change your appearance, but there are many things you can do to improve your body, face, hair, and skin.

#### **19–30**

You don't feel like putting a paper bag over your head, but you also aren't thrilled with the way you look. It may be that you want to change your body, or perhaps your face or your hair. We have a lot of suggestions that will help you improve the way you look, so it won't be long before this score starts to go up.

#### **31–39**

Just because you may enjoy walking by a window to catch a glimpse of your reflection, that doesn't mean that there aren't a few changes you'd like to make. There are always things you can do to help maintain the beautiful you and to protect it from bad habits, the sun, and age.

#### **40–49**

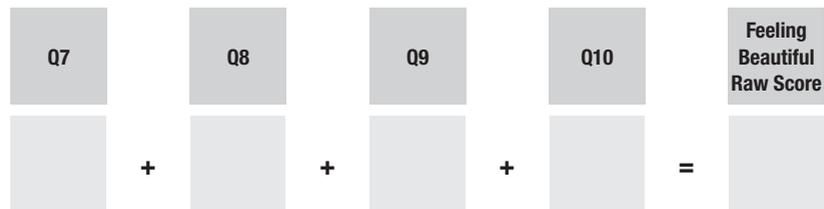
Frankly, we're surprised you had time to fill out this survey between modeling gigs. All we can say to you is, stay out of the sun, wear your seat belt, keep your feet on the ground, and keep reaching for the stars.

## Part II: Feeling Beautiful

The questions in this section focus on how you feel physically.

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
7. I have not experienced any pain today.							
8. In a typical week, I don't experience any pain.							
9. I have the energy I need to do what I want to do.							
10. When I wake up in the morning, I feel energetic.							

Calculating your score for Part II:



Your raw score can range from a low of 4 to a high of 28.

### Your Feeling Beautiful Raw Score

How you feel is a combination of whether you are in pain and how much energy you have. If you are in pain, it's hard to feel beautiful. If you're dragging all day, it's pretty darn hard also to be a beauty.

## If Your Raw Score Is

### 4–14

If you score in this range, you may have some kind of chronic pain like arthritis that makes you feel like one tired and hurtin' pup. Pain may be keeping you from exercising as much as you would like, which may also affect your energy level. The chapters in Part II will be particularly important to you.

### 15–21

There are days when you feel as though your get-up-and-go got up and went. On those days, you're just happy to get through the day (certainly not a recipe for beauty). We'll have a lot to say about how you can feel better and increase your energy level.

### 22–28

Most of the time you feel pretty good. You get out of bed, you have a full day. Not much keeps you from doing what you want to do. Keep it up. And check out the tips in Part II to help you keep feeling good and running strong.

## Part III: Being Beautiful

Answer these questions (honestly).

11. Check the *one statement* below that best describes your average happiness.

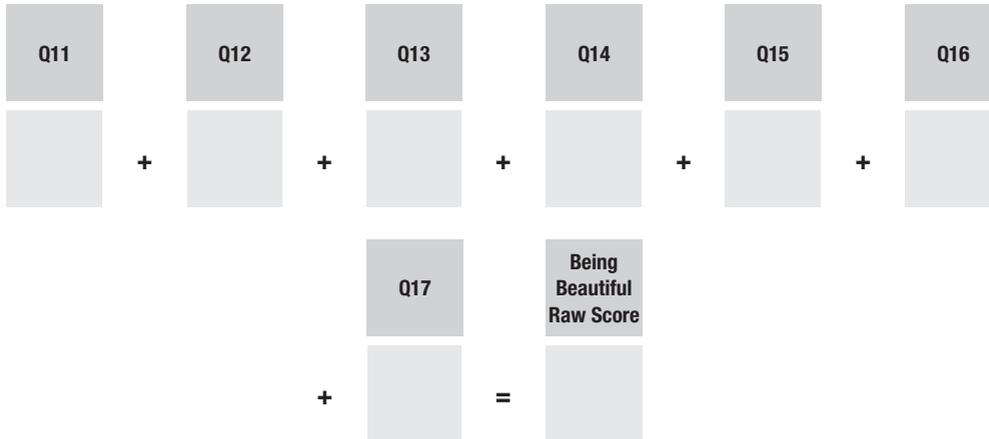
IN GENERAL, HOW HAPPY OR UNHAPPY DO YOU USUALLY FEEL?	Select <i>Only One</i>
Extremely happy (feeling ecstatic, joyous, fantastic)!	(11 pts.)
Very happy (feeling really good, elated)!	(10 pts.)
Pretty happy (spirits high, feeling good).	(9 pts.)
Mildly happy (feeling fairly good and somewhat cheerful).	(8 pts.)
Slightly happy (just a bit above neutral).	(7 pts.)

Neutral (not particularly happy or unhappy).	(6 pts.)
Slightly unhappy (just a bit below neutral).	(5 pts.)
Mildly unhappy (just a little low).	(4 pts.)
Pretty unhappy (somewhat “blue,” spirits down).	(3 pts.)
Very unhappy (depressed, spirits very low).	(2 pts.)
Extremely unhappy (utterly depressed, completely down).	(1 pt.)

Now answer these six questions on a scale from 1–7.

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
12. I am satisfied with my life.							
13. If I could live my life over, I would change almost nothing.							
14. I am very comfortable with myself.							
15. I perform well at many things.							
16. I find inner strength from my prayers, meditations, or quieting my mind.							
17. I believe that on some level my life is intimately connected to all of humankind.							

Calculating your score for Part III:



Your raw score can range from a low of 7 to a high of 53.

### Your Being Beautiful Raw Score

Life satisfaction is just what it sounds like. How happy are you right now, and how pleased are you with the way your life has turned out so far? Self-esteem is a good marker of how good you feel about your ability to get things done in the world and your influence on other people. By boosting your self-esteem, you are able to be more effective in the world and more beautiful in the broadest sense of the word. Finally, two of the questions ask about the role of spirituality in your life. There is good evidence that having a solid spiritual foundation increases your life satisfaction. We'll have more to say about spirituality in chapter 11.

## If Your Raw Score Is

### 7–19

You're not that happy with life right now. And you're down on yourself quite a bit. There may even be other people who are down on you. You might want to talk to a therapist or counselor (if you aren't doing so already). Depression affects many people over the course of their lives, and it can really stand in the way of your ability to be beautiful.

### 20–31

There are still days when you wake up and think you could be happier and that you could be doing a better job of living up to your potential. We have a lot of advice to offer. Inner and outer beauty will help increase your life satisfaction, self-esteem, and spiritual health.

### 32–42

Overall, you feel pretty good about life and your place in the universe. There are days when you can be hard on yourself, but our goal is to help you experience fewer of the bad days and more of the good ones.

### 43–53

Life feels pretty great to you most days. You probably have a lot of inner and outer beauty already. At the same time, there are a lot of insights in this book that we believe will help you in your continuing quest to make yourself a better person.

## Part IV: Understanding YOU

From the list of 60 descriptive words below, pick 5 characteristics that most accurately describe the Current YOU. We know that many of the words could describe YOU, but your challenge is to whittle the number down to the top 5. Next pick 5 words that describe the Potential YOU. Remember, many of the things you would ideally like to be may be things that are already part of the Current YOU. That is, you may be living out some of your ideal characteristics right now.

Since our greatest strengths are often things that are invisible to us, you may want to get some feedback from other people about your strengths. Copy this page and share it with loved

ones and coworkers. If they're the same people, perhaps you can forward this document to Human Resources instead.

Smart	Knowledgeable	Honest	Excellent writer
Funny	Empathetic	Great parent	Excellent cook
Caring	Gentle	Musical	In excellent shape
Strict	Capable	Watchful	Entertaining
High achiever at work	Great friend	Artistic	Excellent host/hostess
Confident	Inventive	Organized	Powerful
Humble	Reliable	Outgoing	Excellent caretaker
Rational	Conventional	Personable	Giver (of time or money)
Authentic	Unconventional	Dependent	Neat
Holder of high standards	Breadwinner	Good-looking	Politically active
Easygoing	Moral	Rich	Sexy
Passionate	Supportive	Athletic	Very sexually active
Stylish	Wise	Famous	Loyal
Unflappable	Independent	Leader	Monogamous
Content	Inspiring	Married/Partnered	Spontaneous

Calculating your score for Part IV:

See how many words overlapped between the lists you created for the Current YOU and the Potential YOU. For each word you have in common, take 6 points.

**0 overlapping words:** Give yourself **0** points.

**1 overlapping word:** Give yourself **6** points.

**2 overlapping words:** Give yourself **12** points.

**3 overlapping words:** Give yourself **18** points.

**4 overlapping words:** Give yourself **24** points.

**5 overlapping words:** Give yourself **30** points.

Your raw score can range from a low of 0 to a high of 30.

## Your Understanding YOU Raw Score

In this section, you described aspects of who you are that can be changed, and your answers will help focus your efforts.

### If Your Raw Score Is

#### 0

Get going, tiger. There's clearly a lot that you would like to be that is not quite the same as who you are.

#### 1–18

You've started to achieve your ideals, but there's still lots more work to go. Part III will help work out a game plan for change.

#### 19–30

You're well on your way. Keep it up. Remember, you don't necessarily want Current YOU and Potential YOU to be identical (you always want to be striving for something!).

## Your Final YOU-Q Score

Add your raw scores from each part to determine your YOU-Q Score:

<b>PART I Raw Score</b>		<b>PART II Raw Score</b>		<b>PART III Raw Score</b>		<b>PART IV Raw Score</b>		<b>PART V Raw Score</b>
<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>

The YOU-Q ranges from 15 to 160

Add up your YOU-Q points and start spreading the news. The closer the score is to 160, the more your Current YOU and Potential YOU match. This match between Current YOU and Potential YOU really does tell you a lot about yourself. It tells you how good you feel about who you are. It also

gives you a sense of how well you've been able to make changes in yourself in the past and how well you've addressed challenges in your life.

Just to give you an idea about your score, a score of around 160 is nearly impossible to achieve, and you shouldn't think of that as a goal. Just as you probably don't know anybody with an IQ of 160, you probably don't know anybody with a YOU-Q of 160. If your YOU-Q is 100 or above, then you are pretty typical of people who take this test. Finally, don't pay a lot of attention to small differences between scores. If you got a 105 and your best friend got a 110, that is essentially the same score. It does appear that having a younger Real Age than biological age helps you achieve a higher score—and more happiness. (Take the Real Age test at [www.realage.com](http://www.realage.com).)

To validate the YOU-Q, we gave the survey to 1,174 women and 533 men who had taken it on the RealAge website. The average YOU-Q score for the women was 95 and for men was 99, so both genders have about the same happiness score. This average stays the same across our lifespan, but individuals can increase and decrease their score as they age. If your YOU-Q is way above 100, congratulations! You're already well on the path to beauty. If it is well below 100, then you have got some work ahead of you. Luckily, your YOU-Q differs from your IQ, because your YOU-Q is easy to change. So no matter what your YOU-Q, you'll find plenty of great advice in the pages to come that will help that score go up.

As you make changes in your body, your health, and your inner self, you will also experience changes in your life satisfaction and self-esteem. All of these factors will increase your YOU-Q. Periodically come back and take the YOU-Q again, and watch the YOU-Q grow—just as you do.