



Take the T E D D Y Test

On a scale from 1 to 5 with five being the highest value, rate your TEDDY by answering these simple questions. **ARE YOU:**

Thinking creatively
(Focusing on what you want more than what you don't want?)

Eating & exercising properly
(Consuming green veggies daily and exercising 3 times a week?)

Drinking enough water
(Consuming at least 8 glasses of water a day - everyday?)

Doing what brings you real joy
(Working at an avocation or vocation that you really enjoy?)

You feeling good about you
(Feeling good about yourself most of the time?)

Your total score _____
(Highest possible score 25)

If you scored **3 or less** for any **one** of these activities you should read **"How Is My TEDDY?"** If you have friends or family members who you think would score low on this test you should give them a copy of this book.

"How Is My TEDDY?" Available now on [Amazon.com](https://www.amazon.com)