

Future-Proof Life Test

Future-proofing means taking steps today to make sure your life, skills, finances, and lifestyle can adapt and stay valuable no matter what changes happen in the future. It's about building freedom, choice, and time so you're ready for anything.

Answer each question by checking Yes (1 point) or No (0 points). Add up your points at the end to see how Future-Proof your life is.

Freedom

1. I can decide how to spend my day without anyone else's permission. ☐ Yes ☐ No
2. I can work from anywhere I choose. ☐ Yes ☐ No
3. I can take a vacation without asking for time off. ☐ Yes ☐ No
4. I can make money without being tied to a single employer. ☐ Yes ☐ No
5. I can turn off my phone for 24 hours without stress. ☐ Yes ☐ No

Choice

6. I choose who I work with or for. ☐ Yes ☐ No
7. I can say 'no' to projects or tasks without fear of losing my income. ☐ Yes ☐ No
8. I can live anywhere I want, not just where my work requires. ☐ Yes ☐ No
9. I choose when I work, not just how much. ☐ Yes ☐ No
10. I can walk away from toxic people or situations without financial hardship. ☐ Yes ☐ No

Time

11. I have time to travel when I want. ☐ Yes ☐ No
12. I have time for hobbies or learning new skills. ☐ Yes ☐ No
13. I can spend meaningful time with people who matter to me. ☐ Yes ☐ No
14. I can take a day off at short notice without disruption. ☐ Yes ☐ No
15. I have time to rest and recharge without guilt. ☐ Yes ☐ No

Scoring

13-15 points: You're living a fully Future-Proof Life.

9-12 points: You're on your way - a few changes could get you there.

5-8 points: You have some independence, but you're still tied down in key areas.

0-4 points: You're in a reactive life, not a future-proof one.

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