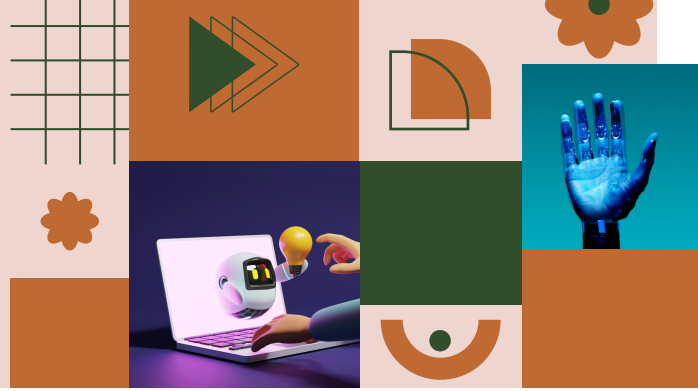


FACTOR framework survey

This assessment will help you identify which areas of the FACTOR framework are already your strengths and which might benefit from focused attention as you continue navigating change and growth in your life.

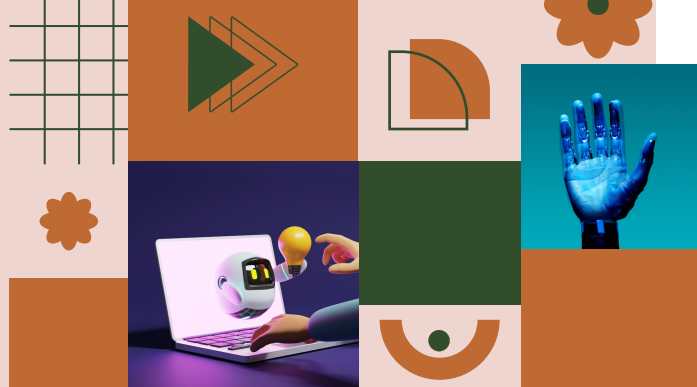


For each statement, rate how true it feels for you right now.

	1	2	3	4	5
1. When I am feeling upset or stressed, I can quickly identify what specific emotion I'm experiencing.	☐	☐	☐	☐	☐
2. I break down my larger goals into small, manageable daily or weekly steps.	☐	☐	☐	☐	☐
3. When I experience setbacks, I can find reasons to remain hopeful about my future.	☐	☐	☐	☐	☐
4. I regularly set aside time to review my progress and adjust my approach as needed.	☐	☐	☐	☐	☐
5. I can clearly distinguish between what is within my control and what isn't in challenging situations.	☐	☐	☐	☐	☐
6. When facing a problem, I brainstorm multiple possible solutions before choosing one.	☐	☐	☐	☐	☐
7. I regularly check in with myself throughout the day to notice how I'm feeling.	☐	☐	☐	☐	☐
8. I have practices or people that help me bounce back when things don't go as I planned.	☐	☐	☐	☐	☐

CONTINUE ON NEXT PAGE

FACTOR framework survey

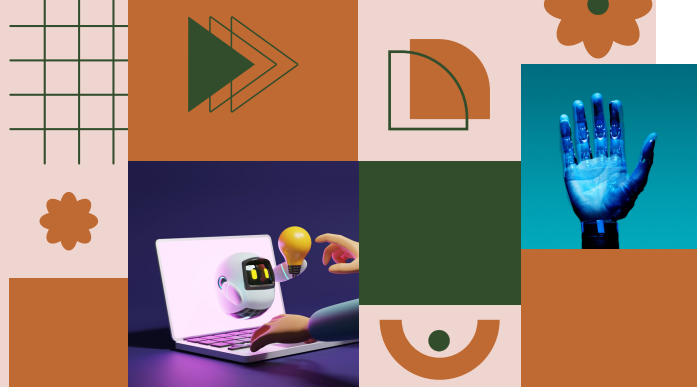


For each statement, rate how true it feels for you right now.

	1	2	3	4	5
9. When I identify something I want to change, I take concrete action within a few days.	☐	☐	☐	☐	☐
10. I can honestly assess when something isn't working and needs to be changed or stopped.	☐	☐	☐	☐	☐
11. When setting goals, I consider realistic timelines and my actual capacity.	☐	☐	☐	☐	☐
12. I regularly engage in activities that spark my imagination and creativity.	☐	☐	☐	☐	☐
13. When difficult emotions arise, I allow myself to sit with them rather than immediately trying to fix or change them.	☐	☐	☐	☐	☐
14. I can reframe challenges as opportunities for growth and learning.	☐	☐	☐	☐	☐
15. I have clear systems or habits that help me make consistent progress on what matters to me.	☐	☐	☐	☐	☐
16. I learn from both my successes and failures to improve my future decisions.	☐	☐	☐	☐	☐

CONTINUE ON NEXT PAGE

FACTOR framework survey



For each statement, rate how true it feels for you right now.

	1	2	3	4	5
17. I accept that some aspects of aging and life changes are natural and unavoidable.	☐	☐	☐	☐	☐
18. I'm open to approaches and perspectives that are different from my usual way of thinking.	☐	☐	☐	☐	☐
19. I pause throughout my day to acknowledge my emotional state rather than rushing through.	☐	☐	☐	☐	☐
20. When facing challenges, I consistently take the first step even when I'm not sure of the outcome.	☐	☐	☐	☐	☐
21. When things go wrong, I maintain perspective and focus on what I can learn or do differently.	☐	☐	☐	☐	☐
22. I regularly evaluate my strategies and approaches to see if they're still serving me well.	☐	☐	☐	☐	☐
23. I focus my energy on areas where I have genuine influence rather than trying to control everything.	☐	☐	☐	☐	☐
24. I actively seek out new ways of thinking and creative approaches to my challenges	☐	☐	☐	☐	☐

ANALYZE ON THE NEXT PAGE

Scoring your assessment

Add up your scores for each FACTOR component

Feel (Emotional Awareness) Questions 1, 7, 13, 19 = ____/20

Accept (Control & Realistic Expectations) Questions 5, 11, 17, 23 = ____/20

Creativity (Expanding Possibilities) Questions 6, 12, 18, 24 = ____/20

Take Action (Moving Forward) Questions 2, 9, 15, 20 = ____/20

Open/Optimism (Hope & Resilience) Questions 3, 8, 14, 21 = ____/20

Reflect (Review & Adaptation) Questions 2, 10, 16, 22 = ____/20

Understanding your results

Feel (Emotional Awareness)

Higher scores (15-20): You're skilled at tuning into your emotional state and giving yourself permission to feel. This is a strong foundation for personal growth.

Lower scores (4-10): You might benefit from slowing down and reconnecting with your inner self. Consider that honoring your feelings isn't selfish. It's essential data for living authentically.

Mid-range (11-14): You have some awareness but could deepen your emotional connection with more consistent practice.

Accept (Control & Realistic)

Higher scores (15-20): You understand the balance between influence and acceptance, which helps you channel your energy efficiently and reduces unnecessary stress.

Lower scores (4-10): You may be exhausting yourself trying to control outcomes beyond your reach. Learning this distinction could free up tremendous energy for what truly matters.

Mid-range (11-14): You're developing this wisdom but could benefit from more consistent application, especially during stressful times.

Creativity (Expanding possibilities)

Higher scores (15-20): You actively cultivate fresh perspectives and innovative solutions, which serves you well during times of transition and change.

Lower scores (4-10): You might benefit stuck in familiar patterns that once served you but may be limiting your options now. Creative exploration could unlock new paths forward.

Mid-range (11-14): You show creative sparks but could benefit from more intentional practices to expand your thinking and problem-solving tool box.

Take Action (Moving Forward)

Higher scores (15-20): You're skilled at effectively translate insights and intentions into concrete steps, which is crucial for creating meaningful change.

Lower scores (4-10): The gap between knowing and doing might be where you're getting stuck. Small, immediate actions could help build momentum and confidence.

Mid-range (11-14): You take action sometimes but could benefit from more consistent systems and accountability to maintain forward progress.

Optimism (Hope & Resilience)

Higher scores (15-20): You maintain hope and perspective during challenges, which helps you persist through the inevitable ups and downs of growth during midlife.

Lower scores (4-10): Setbacks might be hitting you harder than necessary. Building hope supporting practices could help you push through challenges with greater resilience.

Mid-range (11-14): Your optimism fluctuates with circumstances. Developing more reliable sources of hope and support could stabilize your outlook.

Reflect (Review & Adaptation)

Higher scores (15-20): You regularly pause to assess and adjust your approach, which helps you stay aligned with what's working and change what isn't.

Lower scores (4-10): You might be moving through life on autopilot, missing opportunities to learn and adjust. Regular reflection could significantly improve your outcomes and motivation.

Mid-range (11-14): You reflect occasionally but could benefit from more structured and consistent review practices, which could support both motivation and progress.



Next Steps

Ready to Begin Your FACTOR Journey?

Your assessment results are just the starting point for meaningful transformation. The real growth happens when you take these insights and put them into practice through intentional reflection and community connection. Here are four ways to continue your journey with supportive guidance and tools designed specifically for midlife women.



1 Start with our free 3-day photo-journal mini-series

Experience the FACTOR methodology firsthand with my simple introduction to photo-journaling. Each day includes a simple prompt, reflection questions, and guidance for extracting key insights. This mini-series gives you a taste of how visual thinking can unlock new perspectives on your midlife journey.

2 Connect with our communities

Join many other midlife women exploring transition through creativity and reflection. Follow me on Instagram for daily prompts, subscribe to my YouTube channel for process demonstrations, and join my Substack community for deeper weekly reflections and insights.

3 Get notified when our full FACTOR course launches

Be the first to know when my comprehensive FACTOR courses becomes available. You'll receive early-bird pricing, exclusive bonuses, and priority access to our supportive online community of women navigating midlife transitions.

4 Explore our resource library for your specific needs

Access our growing collection of worksheets, prompt collections, and guided exercises tailored to your FACTOR assessment results. Whether you need help with emotional awareness, creative problem-solving, or structured reflection, you'll find practical tools to support your growth.