

Side Quester Assessment

Measuring the Depth of an Integrated and Truly Significant Life

The purpose of this assessment is not to measure fame, wealth, productivity, or status. It is designed to help YOU discover whether they are living an *integrated life* — one where curiosity, service, passion, relationships, growth, and meaning work together instead of competing against each other.

A Side Quester understands that purpose is often discovered outside the main storyline of career and achievement. The healthiest people are not fragmented; they are integrated. Their work, passions, relationships, creativity, faith, service, and curiosity begin to reinforce one another.

For each statement below, score yourself from:

- **1 = Rarely True**
- **2 = Occasionally True**
- **3 = Sometimes True**
- **4 = Mostly True**
- **5 = Deeply True / Consistently True**

The 10 Questions

1. Curiosity Beyond Career

I regularly pursue interests, conversations, or experiences outside of my profession simply because they energize my soul.

Score: ____

2. Meaningful Exploration

My Side Quests help me grow emotionally, spiritually, intellectually, or relationally — not just professionally.

Score: ____

3. Human Connection

I intentionally make time to hear the stories, struggles, dreams, and wisdom of people different from myself.

Score: ____

4. Integrated Identity

I do not define myself solely by my job title, income, or achievements.

Score: ____

5. Courage to Experiment

I am willing to try new things even when success, recognition, or outcomes are uncertain.

Score: ____

6. Restorative Energy

My Side Quests leave me feeling more alive, hopeful, creative, or emotionally renewed.

Score: ____

7. Contribution to Others

Some portion of my Side Quests positively impacts, encourages, teaches, or uplifts other people.

Score: ____

8. Lifelong Learning

I actively seek wisdom across multiple disciplines, generations, cultures, or life experiences.

Score: ____

9. Alignment with Purpose

The things I do outside of work increasingly feel connected to my deeper calling and values.

Score: ____

10. Legacy of Significance

If someone observed my life for one year, they would see evidence that I am becoming more whole, more compassionate, and more truly significant.

Score: ____

Scoring the Assessment

40–50: The Integrated Side Quester

You are building a deeply connected life where passion, service, curiosity, and meaning reinforce one another. Your Side Quests are not distractions — they are extensions of purpose. You are likely becoming a source of wisdom, encouragement, and creative energy for others.

30–39: The Emerging Integrator

You are beginning to connect the dots between achievement and significance. You likely feel the pull toward deeper meaning and broader exploration. Your next step is intentionality: protecting time for the pursuits that restore your soul.

20–29: The Fragmented Achiever

You may be productive and responsible, but parts of your life are operating in isolation. There is likely a growing hunger for creativity, connection, or deeper fulfillment. This is not failure — it is an invitation to rediscover curiosity and wholeness.

10–19: The Disconnected Drifter

You may feel emotionally exhausted, over-defined by work, or disconnected from wonder and meaning. The good news: Side Quests often begin in seasons of emptiness, transition, or reinvention. Start small. Curiosity is the first spark of integration.

The Side Quester Integration Index™

At the center of this assessment is one foundational belief:

A truly significant life is not built by doing one thing perfectly.
It is built by integrating the many parts of who you were created to become.

The healthiest Side Questers eventually discover:

- Curiosity fuels empathy.
- Empathy fuels purpose.

- Purpose fuels contribution.
- Contribution fuels significance.

And significance is never accidental.

It is accumulated through thousands of small explorations that slowly shape a whole human being.