

# Do you have the centenarian mindset?

Questionnaire on Life-Extending Psychology					
Do you have:	Never	Rarely	Average	Often	Always
The will to continue living, even with a handicap?	1	2	3	4	5
The courage to grow old and look old?	1	2	3	4	5
Projects for the future?	1	2	3	4	5
The impression of being useful?	1	2	3	4	5
An active profession?	1	2	3	4	5
Adaptability to new situations?	1	2	3	4	5
Positive attitudes (a tendency to see the good and the sunny side of life as well as express it in many positive words and actions)?	1	2	3	4	5
Do you avoid excessive stress and anxiety?	1	2	3	4	5
Do you cope well with problems and show resourcefulness (easy problem solving)?	1	2	3	4	5
Self-determination (you determine your own life; somebody else does not do it for you)?	1	2	3	4	5
Good memory and clear thinking?	1	2	3	4	5
High intelligence and education?	1	2	3	4	5
A tendency to develop good social contacts?	1	2	3	4	5
Love and loving attitudes?	1	2	3	4	5
High sexual activity?	1	2	3	4	5
Close family life?	1	2	3	4	5
A feeling of freedom?	1	2	3	4	5
Passion, the "sparkle of life," or some eccentricity?	1	2	3	4	5
Humor?	1	2	3	4	5
A feeling of being young inside, even in an old body?	1	2	3	4	5
Religious faith and/or spirituality?	1	2	3	4	5
Basic values and beliefs in ecology, morality, duty, etc.?	1	2	3	4	5
A well-balanced sleep-wake cycle?	1	2	3	4	5
Well-balanced work rhythms?	1	2	3	4	5
Good sleep?	1	2	3	4	5
Anxiety?	1	2	3	4	5
Depression?	1	2	3	4	5
Stress?	1	2	3	4	5
Aggressiveness?	1	2	3	4	5
A tendency to keep negative emotions inside?	1	2	3	4	5
<b>Total/category</b>					
<b>Total results</b>					

- **Score below 85:** You need to psychologically improve to live longer.
- **Scores of 90:** You are heading toward an average lifespan: 71–79 years.
- **Score of 105:** You can attain 85 years or more.
- **Score of 115:** You can become 90 years old or more.
- **Score of 135:** You can become a centenarian (age 100 or above).
- **Score of 147–150:** You can become a supercentenarian (age 110 or above).

