

*Which Profile
fits for you?*



**Youthful
Elder**



**Mouldy
Oldie**

Rate yourself using this scale of 1 to 5. Where 1 is a Youthful Elder and 5 is a Mouldy Oldie.

<i>Energetic</i>	1	2	3	4	5	<i>Tired</i>
<i>Re-kindled</i>	1	2	3	4	5	<i>Worn out</i>
<i>Useful</i>	1	2	3	4	5	<i>Useless</i>
<i>Contributing</i>	1	2	3	4	5	<i>Past Prime</i>
<i>Welcomed</i>	1	2	3	4	5	<i>Pushed aside</i>
<i>Joyful</i>	1	2	3	4	5	<i>Unhappy</i>
<i>Involved</i>	1	2	3	4	5	<i>Inactive</i>
<i>Vibrant</i>	1	2	3	4	5	<i>Stagnant</i>
<i>Enthusiastic</i>	1	2	3	4	5	<i>Bored</i>
<i>Content</i>	1	2	3	4	5	<i>Discontent</i>
<i>Appreciative</i>	1	2	3	4	5	<i>Complaining</i>