

Lifestyle – Evaluating the Balance

Wellbeing

Question	Yes	No
1) I walk or undertake aerobic exercise at least three times a week		
2) I have had a complete physical examination in the past two years, including vision and hearing		
3) I enjoy a rewarding life outside of work		
4) I have family responsibilities		
5) I regularly <u>relax and take weekends off</u> , and have at least three weeks' holiday a year		
6) My blood pressure and cholesterol count are normal and my weight is in the ideal range		
7) I brush and floss my teeth daily and have been to the dentist in the past six months		
8) I rarely watch more than five hours of television a week		
9) I drink caffeine and/or alcohol moderately and don't rely on adrenalin to "get the job done"		
10) I generally have a positive outlook on life		

Relationships

Question	Yes	No
1) I don't gossip or talk negatively about others, and I don't take personally what others say about me		
2) I have a circle of friends/family who love and appreciate me for who I am, not just for what I do		
3) There is no one I would dread meeting or feel uncomfortable encountering on a social basis		
4) I have a best friend or soulmate with whom I can share confidences and intimate thoughts, and I regularly tell my parents, siblings, children and spouse/significant other that I love them		
5) I almost always put people first and results second		
6) I am a person of my word. Others can count on me to mean what I say		
7) Rather than complaining, I make requests of others so they know how they can help me		
8) I get along well with my co-workers, clients and staff		
9) I do not lie to people and am honest in my answers		
10) I am generally a patient person and do not become angry easily		

Physical Environment

Question	Yes	No
1) My personal files, papers and receipts are filed away neatly		
2) My car is in excellent condition and it is regularly serviced		
3) My clothes are clean, pressed, well-fitting, and make me look and feel great		
4) I live in a house/flat that I love in the area of my choice		
5) My plants and animals are healthy and I give them everything they need to thrive		
6) I surround myself with beautiful things, appropriate to my income level, without being ostentatious, superficial or flashy		
7) I practise recycling		
8) My work environment is inspiring and productive		
9) My home is tidy and clean (beds made, carpets vacuumed, cupboards clean)		
10) I do not consider myself to be a clumsy person		

Spirituality

Question	Yes	No
1) I have a regular “quiet time” of prayer, meditation or reflection		
2) I have regular sessions with a spiritual director, mentor or coach		
3) I am connected to and in conversation with my circle of close friends		
4) I do not use profane or obscene language to express myself to others		
5) I feel that I am loved by God/my higher power unconditionally		
6) I regularly give time, gifts and financial resources to help others		
7) I feel personal accountability for the stewardship/care of nature, plants and animals		
8) I often experience a sense of “awe” and/or “mystery” about life		
9) I do not harbour any unresolved resentment, animosity or ill-will toward others		
10) I believe that I am a person of infinite worth and affirm others as being of infinite worth		

What your Score means

(One point for each question that you can answer in the affirmative)

35.40 Mastering work/life balance

25.35 Good work/life balance

15.25 Average score

0-15 Below average

Score 35-40: You have made the decision to have a personal as well as a professional life. Now you may want to choose an area on which to focus that will continue to develop your personal growth.

Score 25-35: You have achieved a good work/life balance which puts you above average. Now, in what areas do you want to raise the bar and create the life that you really want?

Score 15-25: An average score indicates that you are probably experiencing the same amount of stress as your peers. You may want to hire a life coach to help you to eliminate stresses.

Score 0-15: A below-average score means that you need to take a fresh look at your life/work balance and make a commitment to change and personal growth.