

ASSESSING YOUR HISTORY OF LIFE BALANCE

The following questionnaire assesses the degree of Life Balance you have had during your life. It is a measure of the balance between Success and Crisis.

Note you should only tick the achievements or setbacks that you are responsible for, given that many occurrences in life are beyond our control. However you must be honest in regards to your personal responsibility as denial is certainly a sign of danger to your Life Balance.

How much have you Achieved in Life?

Tick off and add up your life achievements from the following lists.

(A)

- You are Healthy
- You are Happy and enjoy frequent pleasure activities
- Completed Schooling/Vocational/University Training.
- Stable Employment
- Mature Relationship with an Intimate Other.
- Accommodation and Transport
- Stable Financial Circumstances
- Respect amongst Family/ Friends/Community
- Aware of your Life's Dreams
- Aware of Spiritual Identity (whether atheist, agnostic or believer)

SCORE OUT OF 10 = _____

(B)

- Expensive/Luxury Car.
- Significant Career Advancement or Change
- Relationship > 5 years
- House Upgrade.
- Financial Security.
- Business Owner
- Manager/Director/Executive
- Innovator
- Expansive Social Network
- Respected Opinion in any Field
- Substantial Investment Portfolio
- Frequent Overseas Holidays
- Holiday House or Time Share
- Boat or other Luxury Item other than Car
- Early Voluntary Retirement or Semi-Retirement
- Personally Relevant Sporting/Arts/Music Success Secondary to Career
- Community Representative
- Position in Church or other Religious Institute
- Respected Member of Charity/Philanthropic Society
- Social/Political Position

SCORE OUT OF 20 = _____

WHAT HAS YOUR LIFESTYLE COST YOU?

- Conflict with Parents.
- Lack of Intimacy with Children
- A Divorce or A Single Significant or Multiple Relationship Failures.
- Loss of Employment due to Own Behaviours
- Broken Friendships
- Betrayal of Self and/or Others (an Affair etc)
- Financial Strain/ Bankruptcy.
- Career Stagnation that you are responsible for
- Legal Problems
- Health Fears, Scares and Ongoing Cares.
- Guilt, Shame or Self Blame
- Anxiety/ Depression/Instances of Suicidal Ideation
- Unhealthy Addictions
 - Deliberate Exploitation of the Environment for Gain
- Acts of Violence/Other Abuse Against Others
- Painful Separation from any aspect of life
- Broken or Sold Out Dreams
- Spiritual/ Religious crisis
- Lack of Life Meaning
- Conflicts of Principle/ Loss of Self Integrity.

SCORE OUT OF 20 = _____

Scoring

A is your Fundamental Happiness Score = _____

B is your Success Score = _____

C is your Life Costs Score = _____

Interpretation

Take a look at the difference between your Fundamental Happiness, Success and Life Costs Scores. Interpret what the ratio between the three scores means to you in respect to the following comments.

Your Fundamental Happiness Score is the base level of factors that are usually significant to a person being Happy, irrespective of luxury or achievement. Studies have demonstrated that happiness does not necessarily increase despite increases in success or wealth, after these factors have been met, unless achieved in a balanced manner and without loss in other areas of life.

Your Success scores measures the additional gain you have achieved in life by striving for more, be it within an occupation, politics or any other social achievement, or through the accumulation of wealth and property. It is, however, not necessarily a measure of Life Balance, given success often comes at a cost in other areas of life.

This is why you need to evaluate this score by your Life Costs score. What is the ratio between the two? In reality many of the single events listed on both sides of the equation will have more or less weighting depending upon your particular temperament and desires. As you review the list, you will know where your true successes and failings are. The key is that you realise what the successes have cost you and determine whether or not your losses have been worth it.

What is the key to true Life Balance and Happiness?

It exists in getting the fundamentals right. Ultimately, if you can place life in perspective and find peace within yourself, achieving all 10 Fundamental Happiness indicators and maintaining the quality of each is the first place to start. In doing this you will avoid where ever possible the Life losses that will set you back irrespective of the additional Successes you achieve.

As for these Successes, there is nothing wrong in pursuing them, but preferably this should be from a stable foundation of core Happiness factors (Health, Happiness, Family, Relationships, Passions, Meaning and Purpose). You can have your cake and eat it too, as long as the core ingredients are right before you add the decorations.