



(b) How many of the following relationship types have you involved yourself in within the last week?

\* Partner

\* Parents

\* Parents-in-law

\* Children

\* Other Family

\* Neighbours

\* Friends

\* Workmates

\* School/University

\* Community Groups

\* Religious

\* Pets/Plants/Others

(A) 1-3

(B) 3-6

(C) 6-9

(D) 9-12

(c) Do you experience extremes of negative emotion that you are unable to control?

(A) Daily

(B) Frequently

(C) Intermittently

(D) Not at all

(d) How much time have you dedicated to understanding the personal meaning and purpose of your place in the universe ( irrespective of your answer) and are you satisfied with your answer?

(A) I am currently disillusioned towards my personal view of the meaning and purpose of my life.

(B) I have committed no or little time to the pursuit of the meaning and purpose of my life but am not concerned by this

(C) I have dedicated a reasonable time to the search for meaning and purpose in my life and I am relatively comfortable with my answer

(D) After a thorough consideration of the meaning and purpose of my life I am content with what I have decided upon.

3 (a) Do you use stress management techniques to minimise the effects of stress on your mind and body ( e.g. Exercise, relaxation, pleasure activities, massage etc)?

(A) On a daily basis

(B) When I think of it

(C) Never

(b) Are you currently looking for solutions to the causes of your present stresses?

(A) I avoid confronting issues that cause me stress

(B) I procrastinate frequently but eventually deal with the problem

(C) I try and seek solutions as soon as possible

(c) Do you lack the self-discipline, commitment, motivation, self assertiveness or other skills of application in seeking that which you plan to achieve in the present or future?

(A) I am poorly motivated and disciplined and often miss deadlines

(B) I apply myself to challenges if they become a necessity

(C) I apply myself to challenges on a reasonably consistent basis

(D) I am well motivated and self disciplined

(d) Are there significant issues in your past that need to be resolved?

(A) I avoid dealing with issues from my past

(B) I am aware there are issues in my past I need to address but am yet to do so

(C) I am currently working through issues from my past (or have no issues to address)

4. Do you have a widespread number of interests?

(A) I have widespread interest

(B) I have a moderate number of interests

(C) My interests are specific to a few areas of life I highly value

(D) I generally have few interests and I do not place a high value on them

5.(a)(i) Do you have very little in life that you value?

Yes/No

(ii) Do you experience periods in which you believe life has no meaning or value, irrespective of your level of success?

Yes/No

(iii) Have you presently been diagnosed with depression, anxiety or any other mental health condition?

Yes/No

(iv) Does life feel overwhelming or do you ever consider thoughts of suicide?

Yes/No

(v) Do you experience any satisfaction at all from what you are presently achieving?

Yes/No

5 (b) Do you have too many current projects in life such that shifting between each leads to life inefficiencies (financial pressures, excess travel, loss of focus)?

- (A) No, I can manage my present commitments without concern
- (B) I am occasionally frustrated by the number of commitments I have
- (C) I am frequently frustrated by the number of commitments I have
- (D) I am overwhelmed by the commitments I have

6. Consider the aspect of life you most value. If this was taken away from you, how much else in your life would be unsustainable, however well you coped with your primary loss?

(E.g. You are in a relationship with your manager. Your friends are predominantly work friends. Your lifestyle is dependent to a large extent on your partner's income. A relationship failure would mean that your employment, work related friendships and much of your lifestyle would in all likelihood become unsustainable, however well you coped specifically with the relationship ending).

- (A) Little of my life would be at risk
- (B) A moderate proportion of my life would be at risk
- (C) A large portion of my life would be at risk
- (D) My life would be completely destabilised.

7. Do you lose sight of life in general for prolonged periods of time ( more that 24 hours) when focusing upon any one particular challenge you are facing?

(E.g. I commit little time to family life when undertaking a new business assignment)

- (A) I always keep my life as a whole in perspective
- (B) I occasionally neglect the rest of my life in preference to my present challenges
- (C) I frequently neglect my life when applying myself to a specific goal
- (D) When I am focused, I am focused, and must succeed at my goal whatever the cost!

8) Do you commit appropriate levels of time to maintaining the quality of those aspects of life you have already attained ( e.g. relationships with partners, business or intimate, objects you own, contracts you have committed to) based on how much value they continue to represent to your life?

- (A) I ensure I constantly respect and maintain the value of those aspects of life I have already achieved, according to the value they represent to me.
- (B) I regularly remember to value and maintain those aspects of life I have already attained
- (C) I occasionally remember to value and maintain those aspects of life I have already attained
- (D) I am frequently neglectful of valuing and maintaining those aspects of life I have already attained

9) Does your lifestyle and its associated risks ( physically, financially, emotionally) parallel your temperament for risk and ability to cope with the potential losses associated with taking on such risk?

- (A) I am completely comfortable with the level of risk in my life
- (B) I am reasonably comfortable with the level of risk in my life
- (C) I find myself quite frequently anxious regarding the level of risk in my life
- (D) I am out of my depth

10) Do you regularly assess AND adapt your life's direction according to the present opportunities that arise for successfully addressing the stressors or challenges in life?

- (A) I always assess life for opportunities and adapt my life according to present opportunities that exist
- (B) I take up opportunities if I happen to notice them
- (C) I rarely adapt my life for opportunities
- (D) I do not change my plan for life once I am committed to a particular path.

11) Are you able to find ways of integrating those aspects of life you are addressing at present in an efficient manner?

- (A) I look for common pathways that help me succeed at various life challenges at once.
- (B) I follow common pathways for different goals if they are obvious to me.
- (C) I rarely consider integrating pathways for different life aspects.

12) (a) Can you identify any conflict between your personal principles, and the actions you are undertaking to overcome any of your life's challenges? How does this affect your sense of self?

- (A) I always try to follow my personal principles and do not berate myself on occasions that I err (after all, I am human).
- (B) I struggle with my principles but acknowledge that I am trying
- (C) I always try to follow my principles and get frustrated when I do not live up to them.
- (D) I struggle with my principles and feel devoid of value because of the conflict with Self this creates.

(b) Can you identify any other incompatibilities that exist between different aspects of your life [ e.g. partner and major life interest (not having enough in common), health and pleasure activities (use of recreational drugs), work and recreational activity (I don't go to work when the surf is up)]?

- (A) I recognise no incompatibilities.
- (B) Incompatibilities exist, but I address them in a healthy manner such that problems do not arise.
- (C) Incompatibilities exist yet I make no effort to address them.

13. Do you involve your partner (intimate or business) in discussions regarding the direction you are taking in relevant aspects of your life?

*\* If you do not have a partner reflect on a previous relationship*

I discuss all aspects of my life with my partner including our priorities, time and financial commitments.

(A) We have discussed these issues generally, but not considered the priority, time and financial issues involved.

(B) We have not discussed our mutual and relationship goals in a long time.

(C) We have not discussed our mutual and relationship goals at all.

14). (a) Do you commit time, energy and finances directly upon that which you value?

(A) I have specifically organised my resources in direct relationship to what I value in life.

(B) I usually orientate my resources to that which I value in life.

(C) I am aware of what I value but am not good at controlling or directing my resources successfully towards that which I value.

(D) I expend freely and without relation to what I value.

(b) Do you have inadequate time/finances/skills for that you are committed to achieving now?

- (A) No. I only commit resources to what I can effectively achieve now.
- (B) I occasionally need to delay tasks I otherwise wish to be actioning due to poor resource management.
- (C) I regularly need to delay tasks I otherwise wish to be actioning due to poor resource management.
- (D) I am presently under financial strain from over committing resources

15.(a) Do you have an effective time management system?

- (A) I have no time management system.
- (B) I am ineffective in the use of my present time management approach.
- (C) I have a time management system that I am reasonably effective in using.
- (D) I have an effective time management system that I commit to using.

(b) What comment reflects how well you would be able to adjust your pace of life (including adapting your time management system) to cope with the range of circumstances that follow:

- 1) A significant illness.
- 2) Relationship crisis or loss.
- 3) A major life realignment through realising new goals.
- 4) Unexpected business or financial crisis.
- 5) An unexpected career opportunity.
- 6) A week's free holiday in 3 weeks time.
- 7) A unique pleasure experience requiring 4 hours tomorrow.

- (A) I am generally ineffective in adapting my Life Pace to what is happening in my life.
- (B) I adapt the pace I live my life to crisis situations only.
- (C) I can organise changing my Life Pace if I am given enough time.
- (D) I am highly flexible in how I adjust my Life Pace according to present needs, while remaining responsible to long term goals.

16. Have you developed the capacity to accept (where negative) and be gracious (where positive) the outcomes of life that are determined by factors outside of your control?

- (A) I actively seek to be gracious and accept what life brings, understanding the limits of my intended actions.
- (B) Although it takes time I generally learn to accept most of what life brings.
- (C) There are life issues that I just can't accept in my life beyond what is reasonably accepted of me.
- (D) I m constantly troubled by an inability to accept those things in life I can't control, however big or small the issue.

## Question and Answer Checklist

Question.	Tick the Appropriate Response						
	Yes	No		A	B	C	D
1. (a) Mission Statement							
(b) Priority of Values							
(c) –ve Life Perceptions							
2. (a) Healthy Lifestyle							
(b) Relationships							
(c) Emotional Intelligence							
(d) Meaning and Purpose							
3. (a) Stress Mx- Effects							
(b) Stress Mx - Causes							
(c) Self Discipline							
(d) Resolving Past							
4. Widespread Interests							
5. (a)(i) Lack of Value							
(ii) No Value							
(iii) Depression							
(iv) Self Harm							
(v) Lack of Satisfaction							
5. (b) Too many tasks							
6. Eggs in One Basket							
7. Tunnel Vision							
8. Maintain What Attain							
9. Risk Mix							
10. Opportunity Appraisal							
11. Interrelating Tasks							

12. (a) Principles							
(b)Other Incompatibilities							
13. Involve Partner/Family							
14. (a) Resource Allocation							
(b) Resource Inefficiency							
15. (a) Time Mx System							
(b) Life Pace							
16. Life Acceptance							

## Question and Answer Scoreboard

Question.	0	5	10	15	30	100**
1. (a) Mission Statement	Yes			No		
(b) Priority of Values	Yes			No		
(c) –ve Life Perceptions	No			Yes		
2. (a) Healthy Lifestyle	C		B		A	
(b) Relationships	D	C		B	A	
(c) Emotional Intelligence	D	C		B	A	
(d) Meaning and Purpose	D	C		B	A	
3. (a) Stress Mx- Effects	A	B			C	
(b) Stress Mx - Causes	C		B		A	
(c) Self Discipline	C		B		A	
(d) Resolving Past	C		B		A	
4. Widespread Interests	A		B		C	
5. (a)(i) Lack of Value	No				Yes	
(ii) No Value	No					Yes
(iii) Depression	No					Yes
(iv) Self Harm	No					Yes
(v) Lack of Satisfaction	No					Yes
5. (b) Too many tasks	A		B		C	
6. Eggs in One Basket	A	B		C	D	
7. Tunnel Vision	A	B		C	D	
8. Maintain What Attain	A	B		C	D	
9. Risk Mix	A	B		C	D	
10. Opportunity Appraisal	A	B	C		D	
11. Interrelating Tasks	A	B			C	

12. (a) Principles	A	B		C	D	
(b)Other Incompatibilities	A		B		C	
13. Involve Partner/Family	A	B		C	D	
14. (a) Resource Allocation	A	B		C	D	
(b) Resource Inefficiency	A	B		C	D	
15. (a) Time Mx System	D	C		B	A	
(b) Life Pace	D	C		B	A	
16. Life Acceptance	A	B		C	D	

## Score Interpretation

< 30	You are in a state of Optimal Life Balance. Please contact us so we can employ you on our Website! Remember to monitor your Life Balance on a regular basis to ensure you remain integrated as an individual.
30-100	You are doing well but there are a few specific factors you could improve on to achieve Optimal Life Balance. After reading the Life Balance section choose 1-3 key areas to address (Scores of 30) and focus developing these areas for at least 30 minutes, 3-4 sessions per week.
100-200	Your lifestyle has several inherent factors putting you at risk of life imbalance. Time to audit these areas and set about applying yourself to addressing them. Start with your scores of 30 (you are likely to have 3-4 of these) and prioritise work on these key areas for 30 minutes, 5-6 days per week.
200-300	You need to work on improving your Life Balance NOW. No excuses. Identify your weaknesses and strengthen them. Look for common ground amongst the areas you have scored 30, in order to identify specific problem areas in your life (e.g stress management, values awareness, resource management, emotional intelligence). Research these areas for further work materials that may assist you. Commit to at least 30 minutes per day 6 days per week .
300-400	You are in a state of Life Imbalance. Time to commit yourself to hard work and change. Set aside a weekend to investigate your life and how to change it. Work closely with your life partners. You need daily focus for at least 30 minutes to reintegrate your life. The key is, you can change everything as long as you commit to changing the way you live AND balance your life.

> 400

Your behavioural style is inherently unstable. Major changes are required if you are to avoid a life crisis, if you are not in it already (see advice for 300-400, as well as this section).

**In addition, if you have a single score of 100, ensure you read below and follow the advice.**

You may wish to consider professional advice if you are in a state of crisis. But look on the positive side, you are now aware that you need to change, and that is the first step in striding forward into renewed vigour, happiness and balance.

**Any Single 100**

**We strongly advise you seek professional help. You are at risk or are experiencing clinical Anxiety, Depression or another mental health condition.**

*Note: Suggestions for making change can be found at the Life Balance page of this Website.*