

The Life Balance Quiz



Life Balance Quiz

Date _____

Instructions

This smart quiz will show you exactly where you are today in all areas of your life. As you read through the following statements reflect on whether they are true for your life as it is right now. Be brutally honest, this is a learning tool and a pointer to change that is needed.

The scores for each category will give you a clear idea of the areas in your life that need attention.

At the end of each section, tally up your score and record it out of 10 where indicated.

Think of the Contemplation Circle as a wheel. Put your scores onto the wheel. A score of ten in each area will show a full circle or wheel that will turn beautifully and take you wherever you want to go.

A wheel with kinks will not go round and round comfortably and a little wheel will take forever to get anywhere. So unless your wheel is all ten's and turning perfectly, you have work to do.

Print out the quiz and retake it every couple of months as you work on the different areas of your life to show the improvements you have made.

Personal

- 1. I like who I am _____
- 2. I feel good about each part of my life _____
- 3. I can say NO when I need to _____
- 4. I finish what I start _____
- 5. I watch less than 5hrs of TV per week _____
- 6. I am confident _____
- 7. I know my strengths and use them _____
- 8. I know how to keep myself motivated _____
- 9. I celebrate my successes _____
- 10. I have a plan for my life _____

/10

Work and Career

- 1. I enjoy my work _____
- 2. I am proud of the work I do _____
- 3. I respond to calls/emails quickly _____
- 4. I am doing what I love _____
- 5. I work with people I like _____
- 6. I am happy with my pay _____
- 7. Work does not cause undue stress _____
- 8. My workspace is tidy _____
- 9. My work leaves time for leisure _____
- 10. I have work/career goals _____

/10

Home Environment

- 1. My home is clean and tidy _____
- 2. My home and garden are well maintained _____
- 3. My appliances all work well _____
- 4. I am happy in my home _____
- 5. I spring clean regularly _____
- 6. I am happy with my transport _____
- 7. My furnishings inspire me _____
- 8. I keep my files in order _____
- 9. I do not put off doing things _____
- 10. Everyone in the house helps _____

/10

Finances

- 1. Money does not stress me _____
 - 2. I have a budget that I stick to _____
 - 3. I have a savings plan _____
 - 4. I pay my bills on time _____
 - 5. My credit cards are paid off monthly _____
 - 6. I know where all my money goes _____
 - 7. I have emergency money saved _____
 - 8. My tax is up to date _____
 - 9. I am actively investing _____
 - 10. I have financial goals _____
- /10

Personal Health

- 1. I feel healthy and fit _____
 - 2. I am happy with my weight _____
 - 3. I exercise regularly _____
 - 4. I sleep well _____
 - 5. I eat well _____
 - 6. I give myself 'down' time daily _____
 - 7. I do not smoke or take drugs _____
 - 8. My stress levels are good _____
 - 9. I do not drink alcohol excessively _____
 - 10. I look after my health _____
- /10

Leisure

- 1. I laugh daily _____
- 2. I take holidays each year _____
- 3. I am kind to myself _____
- 4. I have hobbies outside work _____
- 5. I do nice things for myself _____
- 6. I celebrate my birthday _____
- 7. I am expressing myself creatively _____
- 8. I am happy with my social life _____
- 9. I can happily entertain myself _____
- 10. I enjoy trying new things _____

/10

Relationships – Intimate

- 1. I am clear about my ideal partner _____
- 2. I enjoy intimacy _____
- 3. I am confident in my choice of partner _____
- 4. I am not jealous _____
- 5. I can communicate my needs succinctly _____
- 6. I trust with ease _____
- 7. I am happy with my relationship status _____
- 8. I work at my relationship _____
- 9. I do not have to have a partner _____
- 10. I believe I can/have met my ideal partner _____

/10

Relationships – Others

- 1. I am happy with my friends _____
- 2. I have a good relationship with my family _____
- 3. I like to make new friends _____
- 4. I celebrate my friends/family's birthdays _____
- 5. I regularly spend time with friends _____
- 6. I am there for my friends/family _____
- 7. My friends/family are there for me _____
- 8. I am happy with my social life _____
- 9. I contribute to the community _____
- 10. There is no-one I dread meeting _____

/10

Score Summary

Category	Score
Personal	/10
Work and Career	/10
Home Environment	/10
Finances	/10
Personal Health	/10
Leisure	/10
Relationship - Intimate	/10
Relationship - Others	/10

On the next page place your scores to the corresponding line on the Contemplation Circle.

To do this imagine that the centre of the circle where the lines meet has is zero and the outer rim is ten. Simply, mark the place in each line where you scored.

Once you have all the categories marked, connect the dots. Take a good look at the circle, imagine it to be a wheel and imagine that your life turning like the wheel. Is it smooth or bumpy, large or small? Remember that a large round wheel makes for a much easier ride.

Contemplation Circle

