

The Life Balance KiT - bringing balance and success to your life

How's your life balance right now? Take our quick quiz to help you find out

✓ how often these behaviours are typical of you

	A most of the time	B sometimes	C seldom
I have a clear purpose that shapes my time and my life <i>(and am not feeling as if I'm stuck or just marking time)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what I want and how I want to be in my life <i>(and am not living by other people's needs and priorities)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am happy with how I choose to use my time <i>(and don't always feel guilty that I should be doing something different)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have time and energy to do the things I want to do <i>(and don't feel that I'm just waiting from 'someday'...)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I spend my evenings actively doing things I enjoy <i>(and not slumped in front of the telly or doing chores)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I easily switch off from work when I'm at home <i>(and don't spend my time working or worrying)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm optimistic pretty much all of the time <i>(and am not seeing a world full of things I can't do anything about)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I sleep well <i>(and am not waking up still feeling like I need 'a good night's sleep')</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat healthily <i>(and am not carrying round excess weight or living off empty junk food)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I exercise regularly <i>(and my energy is not limited by being under fit)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm on top of my lists <i>(and don't have endless piles of 'things I need to do' lying around or in my head)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm happy with how I currently split my time between different parts of my life <i>(and am not giving too much in one area to the detriment of another)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What your score means and what you could do to have a better balance

Mostly A's

Well done! It seems like you know what you want and are well enough organised to achieve it, at least most of the time. A sense of balance is dynamic, so it will be important for you to keep reviewing and making changes to make sure that what you're doing still matches your needs and priorities. And there might be things that you could still do to be more focused and centred in your life.

Some Coaching Questions to get you started ...

- ✓ What could you do to make sure you keep doing these positive things?
- ✓ Where do you most need to make some changes to experience an even better life balance? What will you do to make those changes?

You could use the life balance KiT Hints and Tips to help you be more aware of what you're already doing well and the Diary will help you keep focus on making those small changes that will make your balance more stable. And why not share your strategies through the Forums with those who are still wanting to find better balance?

Mostly B's

It seems that some of the time and in some respects you have your life nicely balanced so you probably feel in control, happy and achieving some of the time. As this only happens sometimes or in some parts of your life, it suggests that taking time to consciously explore and decide what you want from your life and how to make that happen will increase your overall sense of balance and fulfilment.

Some Coaching Questions to get you started...

- ✓ Which parts of your life are you most happy with, and which the least?
- ✓ What could you do to increase your satisfaction in those lower areas? What are you going to do?
- ✓ What could you adjust to get a better overall balance between the different parts? What are you going to do?

You could use the life balance KiT resources to help you step back and reflect on what you want in your life as well as using the Hints and Tips to make the changes that will lead to a more consistently balanced life.

Mostly C's

Time for a change if you're not to wear yourself out! Focusing more on yourself and your needs will start to give you more energy, focus and confidence that will in turn help you to make other changes. Overall these will add up to you living a more comfortable balanced life

Some Coaching Questions to get you started ...

- ✓ What could you reorganise to find some time for yourself? And how will you make 'having some me time' a regular habit?
- ✓ What are the most important things for you to be doing in this time to help you regain your energy and focus?

And a bigger question -

- ✓ What are the most important things in your life? How could you better organise yourself around these things?

You could use the life balance KiT resources to help you get started on deciding what you really want and then to make it happen. The Workshops, Coaching, Diary, Tips and Forums would give you ideas and support as you move towards living a more balanced life.