

## Do You Love The Life You Live?

How balanced is your life? Tick statements below that apply to you.

### **Money**

- ☐ I pay my bills on time
- ☐ I save regularly
- ☐ I never receive letters from debt collectors
- ☐ I have savings/investments
- ☐ I own my home
- ☐ I have a financial plan
- ☐ I save into superannuation
- ☐ My income is consistent
- ☐ I am not embarrassed to see anyone because I owe them money
- ☐ I know how much I am worth
- ☐ I am paid what I am worth
- ☐ I don't lose sleep worrying about money
- ☐ I have 3 months living expenses I can access
- ☐ I live within my means
- ☐ I know where my money goes
- ☐ I don't have any judgments against me
- ☐ I always have money I can access
- ☐ I have a good credit record
- ☐ I don't experience financial crises
- ☐ I know how much credit really costs me

Total score\_\_\_\_\_

### **Work**

- ☐ I enjoy going to work
- ☐ I am doing what I love
- ☐ I am appreciated at work
- ☐ I am kind to others
- ☐ I am organized
- ☐ I like the people that I work with
- ☐ I am well paid
- ☐ I am paid what I deserve
- ☐ I know what work I want to do
- ☐ I would work for nothing if I had to
- ☐ I work regular hours
- ☐ My work allows time for leisure/fun
- ☐ I feel good at the end of the day
- ☐ I have no conflicts with workmates
- ☐ I have no conflicts with clients
- ☐ I am happy to go home at the end of the day
- ☐ I am happy to do more than I am paid for
- ☐ I am considerate of other
- ☐ My work does not create undue stress

Total score\_\_\_\_\_

### **Relationships**

- ☐ I get along well with most people
- ☐ I get along well with my workmates
- ☐ I get along well with my family
- ☐ I tell people that I love them regularly
- ☐ There is no-one I dread running into
- ☐ I have made amends with people I have had conflicts with
- ☐ I can talk about my feelings
- ☐ I am told regularly that I am loved
- ☐ I do not criticize others
- ☐ I like the people I spend time with
- ☐ I don't talk about my friends
- ☐ I have friends that I can talk to
- ☐ I put people before things
- ☐ I always keep my word
- ☐ I have forgiven those who have hurt/offended me
- ☐ I ask for what I want
- ☐ I make time for the important relationships
- ☐ I spend time with my children
- ☐ I tell my children/partner/those close to me regularly that I love them
- ☐ I do not expect others to fulfill my needs

Total score\_\_\_\_\_

### **Lifestyle**

- ☐ I make time to meditate/relax daily
- ☐ I exercise regularly
- ☐ I eat healthy food
- ☐ I don't smoke
- ☐ I look after myself
- ☐ I make time for the things that I enjoy
- ☐ My environment is the way I like it
- ☐ I look the way I want to look
- ☐ I treat myself the way I want to be treated
- ☐ I can relax
- ☐ I like where I live
- ☐ I surround myself with things that I love
- ☐ I am in good health
- ☐ I enjoy my leisure time
- ☐ I make time for fun
- ☐ I have hobbies that I enjoy
- ☐ I give back to the community
- ☐ I take regular holidays
- ☐ I enjoy being me

Total score\_\_\_\_\_



Live Your Passion



Live Your Passion

## Do You Love The Life You Live?

### Scores

The purpose of this quiz is to make you aware of how balanced your life is. In order to love all of your life, aim for an equal balance in all areas.

Scores of 15 plus for each category are the ideal.

### MONEY

0-7

It's most likely that you have problems with money. Your situation will improve when you respect money. Take a note of where your money goes by keeping a note of all you spend for the next 4 weeks. You may be horrified at how much you literally throw away.

7-15

You're on your way but take more care if you want financial freedom. Prepare a budget, make a plan, seek more knowledge from articles, books and courses. Accept responsibility for yourself and for achieving your own dreams.

15-20

Well-done. You've obviously made some sound decisions to take control. Keep this up. Never stop learning and you will continually improve your situation.

### WORK

0-7

It's most likely that you go to work just to make a living. It doesn't have to be that way. Ask yourself what makes you happy at work, then start choosing that for yourself. And while you are waiting for your ideal work to come along, start acting as if you love your job. Perform random acts of kindness for others at work and Watch things improve.

7-15

You may enjoy your work but it's most likely you still feel unfulfilled in some ways. Ask yourself what you can do today to help a colleague/boss? Remember what you give out you get back.

15-20

You're one of the few who loves what they do. Give thanks daily for your great job/pay/environment and watch it get even better!

### RELATIONSHIPS

0-7

It doesn't sound like you're happy. You can change this by treating yourself the way you'd like others to treat you. And while you're at it, set standards as to the way you allow others to treat you.

You might be happier if you stopped being so self absorbed and started doing things for others. There are a lot of community organizations that could do with your help.

7-15

Your relationships could do-with a little work. Be honest with yourself. Communicate your needs but take responsibility for fulfilling them if others can't do what you ask.

15-20

You have solid relationships and it's most likely these contribute to your happiness. Pamper yourself, you deserve it. Then do the same for those you love as well.

### LIFESTYLE

0-7

It doesn't sound like you are having much fun. Begin by taking 20 minutes daily for 'time out' where you can meditate, go for a walk or just rest. Look at every area of your life and work at making the outside match your inside. This takes time and effort but the results will transform your life.

7-15

You're on the way but you probably need to take more time for fun. Learn to say no to others. Think about what's really important and stop filling every spare moment with something to do. Allow time to do nothing so that you can sit in your garden, read or listen to music.

Time for relaxation and fun is good for the soul.

15-20

You're on track! Maintain (or improve) this by taking time to smell the roses. Life is not just about the achievement of goals, it's about enjoying each and every day.



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