

Create Balance To Bring Happiness Into Your Life

The Categories:

Health:

There's a saying which goes, "your health is your wealth" because without good health it can be difficult to focus on other areas of your life. And this is why health is considered the most critical area of being able to lead a balanced lifestyle (it's hard to socialise, improve your career or focus on getting more in touch with yourself when you are not feeling well in your body). As far as leading a balanced lifestyle goes, health is all about exercise, nutrition and mobility – so in essence, it's all about your physical wellbeing

Wealth:

This category has everything to do with your career and your finances and it also provides an opportunity to look into your money mindset and identify any "blocks" that may be preventing the flow of abundance into your life. As far as improving finances go, looking into learning how you can increase the value you provide to the market place – will be essential because what comes in is relative to what goes out. The more value you can provide others, the more you will get in return

Self:

Do you need to get better acquainted with yourself? How well do you know and understand yourself? What daily care rituals do you have in place to maintain a healthy mental wellbeing? Are you in touch with your emotional self? When you are in touch with your emotions it's much easier to navigate your life – you can feel what's working and what's not and use your emotional guidance system to learn and grow

Social:

This area of your life is everything to do with your relationships, your social life, your hobbies, your interests, and the amount of fun you have. These things can often be overlooked at the expense of other priorities but these social aspects of our lives need to be given as much priority because without 'em, life can become pretty dull and boring

When leading an unbalanced lifestyle, focusing too much of on one category can lead to having too little focus on other important categories. This can result in feeling s of unhappiness and even unfulfillment

Of course what balance means to one person can be completely different to another. For example, the fact that I am an only child who is mostly introverted, my need for a strong social life is quite minimal. So remember, there is no strict rule to what leading a balanced lifestyle is all about but this questionnaire will be a great starting point to help you reflect and gain the insights you need to live a more balanced life and therefore a happier life – in fact, it could lead you to living your best life.

How to complete the questionnaire

There are 40 questions all up, 10 in each category.

1. Reflect and rate your satisfaction levels for each question giving a score of 1 – 10
 - 1 is to indicate you are not happy with this part of your life and need to invest time and energy to improve it – it's an area of focus for you
 - 10 doesn't necessarily mean "perfect" but it indicates that you are extremely happy with this part of your life. Take the

time to acknowledge yourself for a job well done and appreciate the progress you've made within this area of your life

2. Feel free to re-write any of the questions so they are more aligned with your beliefs (for example one of the questions asks if you are up to date with your regular physicals. I re-worded this to "Do you visit relevant practitioners as you need them" as I am into other forms of treatment that a Doctors does not provide

Now that you understand how to complete the questionnaire, it's time to get into it...

Are you living the balanced lifestyle you need to create more happiness in your life?

Health Questions

Once you have scored each question out of 10, tally up your scores to get a score out of 10

1. How are your physical energy levels?
2. Is your immune system strong?
3. Are you getting good quality sleep?
4. Do you drink plenty of water each day?
5. How's your posture during the day?
6. Are you eating nutritious, well balanced meals?
7. Are you making time for physical fitness?
8. Are you up to date with your regular physicals?
9. Are you happy with your weight?
10. Are you flexible and maintaining good mobility?

TOTAL HEALTH SCORE.... / 10

CONVERT YOUR SCORE OUT OF 10 INTO A PERCENTAGE BY FIRSTLY DIVIDING YOUR SCORE BY 10 AND THEN MULTIPLYING THAT NUMBER BY 100

Example: for a score of 6/10, divide 6 by 10 to get 0.6 and then multiply 0.6 by 100 to get a final percentage of 60%

Wealth:

Once you have scored each question out of 10, tally up your scores to get a score out of 10

1. Do you have a positive money mindset?
2. Are your personal finances in order?
3. Do you spend money mindfully and avoid comparison traps?
4. Do you have a good strategy for saving/investing?
5. Do you feel deep gratitude for everything you already have?
6. Do you support initiatives and charities that are dear to your heart?
7. Do you feel fulfilled and passionate about your work?
8. Do you have clear goals and objectives around your work?
9. Do you feel you're making exciting progress in your career?
10. Does your work fit well around your family and lifestyle?

TOTAL WEALTH SCORE.... / 10

Once again, convert your score out of 10 into a percentage.

Self:

Once you have scored each question out of 10, tally up your scores to get a score out of 10

1. How's your mental fitness?
2. Are you practicing self-care and nurturing yourself enough?

3. Do you have a growth-mindset?
4. Do you pay attention to your emotions?
5. Does your inner voice speak nicely to you?
6. Are you forgiving of your mistakes and those of others?
7. Do you have a regular gratitude practice?
8. Are you mindful and living in the present moment?
9. Do you have a meditation or a practice to quiet your mind?
10. Are you feeding yourself with positive inspiration?

TOTAL SELF SCORE.... / 10

Covert your score out of 10 into a percentage

Social :

Once you have scored each question out of 10, tally up your scores to get a score out of 10

1. Do you spend enough time with those you love?
2. Do you spend time with those who lift you higher?
3. Do you socialise as much as you'd like?
4. How's your fun-o-meter looking right now?
5. Are you open to making new friends?
6. Are you giving off a positive vibe to attract your tribe?
7. Are you involved with a like minded community?
8. Are you involved with any fun challenges?
9. Are you spending time on and pursuing hobbies?
10. Do you show up the way you want to for your friends & family?

TOTAL SOCIAL SCORE.... / 10

Convert your score out of 10 into a percentage

Once you have all of the categories scored as a percentage you can then check what level you are at with each category

LEVELS

Discovery (< 60%)

Congratulations - You now know where you are at which allows you to move on from here. Going into discovery allows you to begin to gain a deeper understanding of your own self, character, needs, values, and purpose. It also allows you to be more aware of your interests, hopes, dreams, and potential. This phase involves taking time to deeply reflect on who you are, where you are, what you really want to achieve, and ultimately the person you want to become.

Development (60 – 80%)

This is the process of developing specific aspects of your life. It is the pursuit of personal growth by enhancing your physical and mental skills, competencies, talents, and knowledge in order to see self fulfilment and proactively reach your fullest potential. Discovery is all about learning the actions you need to be taking and that will ultimately lead you to Mastery.

Mastery (80 – 100%)

This is your ability to recognise, understand, control, and make the most of your physical, mental, emotional, and spiritual self. It is gained through deep levels of awareness, understanding, and control over thoughts, emotions, and actions. As your performance continues to improve, the mastery of your skills and competencies also improve. As your skills improve, you achieve more and your self-confidence leads to being happier and feeling extremely fulfilled in life. You ultimately reach self-actualization of your full potential. As you reach your full potential and self-actualization you are becoming everything that you are capable of becoming.