



PROSPER

PROFESSIONAL COACHING

How good is your work / life balance? Take the test

Money

1. I pay my bills on time and consistently save 10 percent of my income
2. All my tax returns have been submitted and any tax owing has been paid. There are no legal clouds hanging over me
3. I have adequate medical insurance and rarely miss work because of illness
4. I am on a professional career track that is financially and personally rewarding.
5. My source of income is stable, predictable, and I live well within my means.
6. My will is up to date, and I know how much I am worth financially.
7. My financial situation doesn't keep me awake at night, and I have a financial plan for the next three to five years.
8. My personal assets are all adequately insured
9. I have a sum equivalent to at least six months living expenses set aside in a savings account.
10. I am in a relationship with others who can help with my career / professional development.

Score_____

Wellbeing

1. I walk or exercise at least three times a week.
2. I have had a complete physical examination in the past two years including vision and hearing.
3. I have a rewarding life beyond my professional responsibilities.
4. I do not use illegal drugs or tobacco, or misuse prescription medication
5. I regularly take evenings and weekends off, and take at least three weeks holiday per year.
6. My blood pressure and cholesterol count are normal and my weight is in the ideal range
7. I brush and floss my teeth daily and have been to the dentist in the past six months
8. I rarely watch more than five hours of television per week
9. I drink caffeine and / or alcohol moderately and don't rely on adrenaline to, "get the job done".
10. I have something to look forward to virtually every day.

Score_____

Relationships

1. I don't gossip or talk negatively about others, and don't take personally what others say about me.
2. I have a circle of friends / family who love and appreciate me for who I am, not just for what I do.
3. There is no one I would dread meeting or feel uncomfortable encountering at a party, an airport or on the street.
4. I have a best friend or soul mate with whom I can share confidences and intimate thoughts, and I regularly tell my parents, siblings, children and spouse/significant other that I love them.
5. I almost always put people first and results second
6. I am a person of my word. Others can count on me to mean what I say
7. Rather than complaining, I make requests of others so they know how they can help me.
8. I get along well with my co-workers, clients and team.
9. I return telephone calls and emails within 24 hours.
10. I do not inappropriately express anger or rage towards others.

Score _____

Physical Environment

1. My personal files, papers and receipts are filed away neatly.
2. My car is in excellent condition. It does not need any mechanical work or repairs, cleaning or replacing.
3. My clothes are clean, pressed, well fitting and make me look great.
4. I live in a house / flat that I love in the area of my choice.
5. My plants and animals are healthy and have everything they need to thrive.
6. I surround myself with beautiful things appropriate to my income level, without being ostentatious, superficial or flashy.
7. I practice recycling.
8. My work environment is inspiring and productive.
9. My home is neat and clean, (beds made, carpets vacuumed, cupboards clean)
10. I do not injure myself, fall, or bump into things.

Score _____

Spirituality

1. I have regular “quiet time” for prayer, meditation or reflection.
2. I have regular sessions with a spiritual director, mentor or coach.
3. I am connected to and in conversation with my circle of close friends.
4. I do not use profane or obscene language to express myself to others.
5. I feel that I am loved by God / higher power unconditionally.
6. I regularly give time, gifts and financial resources to help others.
7. I feel personal accountability for the stewardship/care of nature, plants and animals.
8. I often experience a sense of “awe” and/or “mystery” about life.
9. I do not harbour any unresolved resentment, animosity or ill-will toward others.
10. I believe that I am a person of infinite worth and affirm others as being of infinite worth.

Score_____

What your score means

(One point for each question that you can answer in the affirmative)

- 40-50 Mastering work / life balance
- 30-40 Good work / life balance
- 20-30 Average score
- 0-20 Below Average

- 40-50: You have made the decision to have a personal as well as a professional life. Now you may want to choose an area on which to focus that will continue your personal growth.
- 30-40: A good work / life balance puts you above average. Now, in what areas do you want to raise the bar and create the life you really want?
- 20-30: An average score indicates that you are probably experiencing the same amount of stress as your peers. You may want to hire a coach to help eliminate stresses.
- 0-20: A below-average score means that you need to take a new look at your life and make a commitment to change a personal growth.