

# Life Balance Self Assessment

For this assessment, rate yourself on a scale from 0-5. 0= this NEVER applies to you, 1 = Rarely, 2= sometimes, 3= 50% of the time, 4= often, and 5= always.

- \_\_\_\_\_ I lack mental energy
- \_\_\_\_\_ I have headaches
- \_\_\_\_\_ I feel like I need a nap during the day
- \_\_\_\_\_ I get up tired in the morning
- \_\_\_\_\_ I feel I'm overwhelmed with responsibility
- \_\_\_\_\_ My family makes too many demands
- \_\_\_\_\_ I tend to overeat often looking for sweets
- \_\_\_\_\_ I never have time for me and my needs
- \_\_\_\_\_ I have financial concerns
- \_\_\_\_\_ I feel depressed
- \_\_\_\_\_ I tend to procrastinate on things
- \_\_\_\_\_ I don't have time for my friends
- \_\_\_\_\_ I'm not especially interested in sex
- \_\_\_\_\_ I have trouble focusing or concentrating
- \_\_\_\_\_ I have no time for exercise
- \_\_\_\_\_ I feel frustrated with my life right now
- \_\_\_\_\_ I have little joy or fun in my life
- \_\_\_\_\_ I lose or forget things
- \_\_\_\_\_ I feel overwhelmed with paper
- \_\_\_\_\_ My email is overwhelming
- \_\_\_\_\_ I spend too much or too little time with Family

\_\_\_\_\_ TOTAL

\_\_\_\_\_  
**Total  
Score**

\_\_\_\_\_  
**GOAL**

## REMEMBER:

Do this  
assessment  
again on

\_\_\_\_\_

to see how you  
are working  
towards your  
goal of  
Life Balance!

# Get a Life...



Presented

by:

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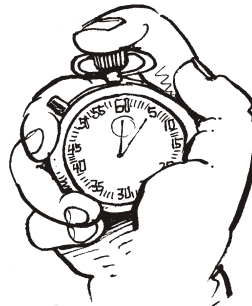
**Strategic Living!**

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## #1 Change Your Mindset...Change Your Mouth!

Time = \_\_\_\_\_

Mantra = From this day forward I will  
\_\_\_\_\_ not spend  
my time.



## #2 Successorize...You MUST have a TMT

### Rules That Apply

1. \_\_\_\_\_
2. Wither thou goest \_\_\_\_\_
3. Capture Your NoodleJams \_\_\_\_\_
4. \_\_\_\_\_

Tired? Need a Nap?

I SHOULD \_\_\_\_\_

Created for:

## The IDDM's of Procrastination

I \_\_\_\_\_  
Cure \_\_\_\_\_  
D \_\_\_\_\_  
Cure \_\_\_\_\_  
D \_\_\_\_\_  
Cure \_\_\_\_\_  
M \_\_\_\_\_

#3

Solution \_\_\_\_\_  
\_\_\_\_\_ first thing  
every morning



#4

Use the Power of Rituals:

Emotional Glue = \_\_\_\_\_  
End of Day \_\_\_\_\_  
Transition Time \_\_\_\_\_

Move from a life of Survivor,  
to **Success** to  
**Significance!**

#5

Starting tonite \_\_\_\_\_ someone in!

Additional Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Vital Statistics

Americans are getting  
2 ½ hours less sleep  
than 10 years ago

Americans work 30  
days more a year than  
3 years ago

After a day's work...

44% said their  
eyes are tired

80% said they felt  
stressed

62% had neck  
and shoulder pain

38% said their hands  
hurt

*Sheryl Nicholson CSP*

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