

the Quiz

STEP 1: Rate each statement on a scale of 1-5, depending on how much you agree (1 – totally disagree, 5 – totally agree). Make a note of the score in the circles provided.

STEP 2: Add up your score for each section: A + B = C

STEP 3: Plot each section's score (C) on the Wheel of Life below and join up to reveal the shape of your Wheel.

START HERE ↓

TOTALLY DISAGREE
1

MOSTLY DISAGREE
2

DON'T AGREE OR DISAGREE
3

MOSTLY AGREE
4

TOTALLY AGREE
5

Career

- A I am happy with the number of hours I spend working and thinking about work on a daily basis
- B Although my job challenges me, I do not experience high levels of stress on a consistent basis

$$\text{A} + \text{B} = \text{C}$$

Relationship

- A I am satisfied with my current relationship status (whatever that might be)
- B I am happy with the amount of time I spend with my partner, or that I dedicate to meeting someone new

$$\text{A} + \text{B} = \text{C}$$

Health & fitness

- A I am generally in good health and look after my wellbeing
- B I exercise/raise my heartbeat for around 150 minutes a week

$$\text{A} + \text{B} = \text{C}$$

Friends & family

- A I see and speak to my friends as much as I'd like to
- B I see and speak to my family as much as I'd like to

$$\text{A} + \text{B} = \text{C}$$

Finances

- A I know what my income and outgoings are each month
- B I dedicate time and money to planning for the future financially e.g. savings, pension, financial advice etc

$$\text{A} + \text{B} = \text{C}$$

Personal development

- A Each week I learn something educational
- B I try a new thing that is out of my comfort zone at least once a month

$$\text{A} + \text{B} = \text{C}$$

Physical surroundings

- A I like where I live
- B I spend as much time as I'd like to in my home environment

$$\text{A} + \text{B} = \text{C}$$

Recreation/hobbies

- A I do something just for fun at least once a week
- B I feel there are enough hours in the day to do the things I want to

$$\text{A} + \text{B} = \text{C}$$

