

Balance Reflects Self-Worth

Assess your overall balance in life by evaluating key areas of well-being. The results will highlight areas that may need attention and provide clarity on where you are thriving. Rate yourself honestly for each statement below.

Instructions: Rate each statement on a scale of 1 to 5 , where:		1 = Strongly Disagree 2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly Agree
Section 1: Work-Life Balance		
1	I feel in control of my work responsibilities and deadlines.	
2	I can "switch off" from work when I am with family or relaxing.	
3	My work schedule allows time for hobbies or activities I enjoy.	
4	I rarely feel overwhelmed by work demands.	
5	I feel satisfied with the amount of time I spend on personal priorities outside of work.	
Section 2: Health and Well-Being		
6	I consistently get enough sleep and feel rested.	
7	I maintain a regular exercise routine that supports my health.	
8	My diet supports my energy and overall health.	
9	I feel mentally and emotionally resilient, even in stressful situations.	
10	I take time for self-care activities, such as relaxation or reflection.	
Section 3: Relationships		
11	I prioritise time with family and friends.	
12	My relationships feel meaningful and fulfilling.	
13	I am present and attentive when I'm with loved ones.	
14	I maintain healthy boundaries in my relationships (e.g., saying no when necessary).	
15	I communicate openly and effectively with the important people in my life.	

Section 4: Personal Growth and Fulfilment		
16	I regularly engage in activities or hobbies that bring me joy.	
17	I take time to reflect on my personal goals and values.	
18	I feel a sense of purpose in my daily life.	
19	I seek opportunities to learn, grow, or try new things.	
20	I feel I am moving forward in life rather than feeling stuck.	

1. Scoring: Add your scores for each section.	Total
Section 1: Work-Life Balance	/25
Section 2: Health and Well-Being	/25
Section 3: Relationships	/25
Section 4: Personal Growth and Fulfilment	/25
2. Interpret Your Results	
<ul style="list-style-type: none"> ◦ 20-25: Thriving - You are balanced and thriving in this area. ◦ 15-19: Moderately Balanced - Some areas could use attention. ◦ 10-14: Imbalanced - This area needs immediate focus and action. ◦ 5-9: Critical Imbalance - This area is significantly impacting your overall well-being. 	

Reflection Questions:

- Which section scored the lowest? What is contributing to this imbalance? What's one action I can take to nurture this area of my life?
- Which section scored the highest? How can you maintain this positive momentum?
- What one small step can you take today to create a more balanced life?

The Core Question:

"What would my life look like if I truly valued myself enough to live with balance?"

This test isn't about judgment; it's about awareness. Use your results as a guide to focus on the areas that need nurturing, and celebrate where you are already doing well!