

## BALANCING SURVEY

*This survey is designed to assess your current states of balance. So, please be very nervous and lie as much as you think you can get away with to convince yourself you have it all together.*

1. List three things you like to do by **yourself**.

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2. List three things you enjoy doing with **others**.

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3. What are some of your career goals?

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4. What are some of your recreational goals? (Things you want to do in your life, just for fun!)

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5. Who do you have the most fun with? \_\_\_\_\_

What are some of this person's characteristics and behaviors?

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6. Out of a 16-hour work day? (estimate as best you can - some overlap is okay)

- How much time a day you spend alone? \_\_\_\_\_
- How much time do you spend with your family? \_\_\_\_\_
- How much time do you spend working? \_\_\_\_\_
- How much time do you spend daydreaming? \_\_\_\_\_
- How much time do you spend playing? \_\_\_\_\_

7. On average, what percentage (%) of your weekend is scheduled by **Friday**? \_\_\_\_\_

8. If weekends were three days long, what would you do on the third day?

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9. Where did you go on your last vacation? \_\_\_\_\_

- How long ago was it? \_\_\_\_\_
- How long did you go? \_\_\_\_\_

10. Name your top five stressors.

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11. What symptoms do you notice in your body that indicates you are stressed?

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12. When you are stressed, what do you do to relax?

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13. Rank from 1 to 7 in the order of importance to you the following items:  
( 1 = most important, 7 = least important )

- Family \_\_\_\_\_
- Money & work \_\_\_\_\_
- Spiritual \_\_\_\_\_
- Friends \_\_\_\_\_
- Career development \_\_\_\_\_
- Recreation / leisure \_\_\_\_\_
- Self \_\_\_\_\_

14. What is your most favorite time of the day?

- Why?

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15. In your opinion, what is the opposite of fun?

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16. At what time of the day are you best at?

- Working \_\_\_\_\_
- Creating \_\_\_\_\_
- Time alone \_\_\_\_\_
- Speaking \_\_\_\_\_
- Relationships \_\_\_\_\_
- Relaxing \_\_\_\_\_
- Exercising \_\_\_\_\_

17. At what time of the day are you most likely to feel overloaded? \_\_\_\_\_

- Why?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_