

Work-Life Balance Assessment

Overview

This is an assessment tool to help you identify your compelling personal reason to grow. The assessment adds a lot of weight to non-career areas. This comes from our research which indicates that people can often move their careers forward more quickly by addressing the constraints that occur outside of their work, but still impact their work.

Work

Degree of Completion					Statement
1	2	3	4	5	Do I have a job?
1	2	3	4	5	Do I have a career? (i.e. have I worked the same career path in three different positions?).
1	2	3	4	5	Am I successful in my career? (i.e. do I belong to, or have the recognition of, every professional group that I want?).
1	2	3	4	5	Am I authentic in my work, do I feel masterful, and do I feel I am exploring work that is deep and meaningful for me?
1	2	3	4	5	Do I feel that I am fully expressing my authentic contribution and that I am publicly recognized for doing so?

Money

Degree of Completion					Statement
1	2	3	4	5	Do I have enough money to live on without help from my parents for my daily living?
1	2	3	4	5	Do I have good credit?
1	2	3	4	5	Am I making enough money to live a lifestyle in which I thrive, and save enough in a retirement plan to retire at 65?
1	2	3	4	5	Do I have enough liquid financial reserves, over and above retirement funds, to fund a full year of living expenses at my current lifestyle?
1	2	3	4	5	Am I financially independent? (i.e. a passive form of income that covers all of my living expenses).

Significant Other

Degree of Completion					Statement
1	2	3	4	5	Have I dated more than three people?
1	2	3	4	5	Have I been in a monogamous relationship?
1	2	3	4	5	Have I been in a life partnership, and has that partnership been acknowledged within a public community? (i.e. civil union, ceremony, wedding).
1	2	3	4	5	Do I have children and have I completed family of origin work (where I free myself from compulsions learned in my original family)?
1	2	3	4	5	Do I have a strong extended family and community which support me in my life purpose?

Body/Self

Degree of Completion					Statement
1	2	3	4	5	Am I healthy? (i.e. able to handle normal stresses without getting sick).
1	2	3	4	5	Am I strong? (i.e. able to handle high stresses for short periods of time).
1	2	3	4	5	Am I fit? (i.e. able to handle high stresses for long periods of time).
1	2	3	4	5	Am I free? (i.e. freedom from internal compulsions and rigidities to movement).
1	2	3	4	5	Am I transparent? (i.e. my body works without any conscious attention from me).

Friends

Degree of Completion					Statement
1	2	3	4	5	Do I have a best friend? (i.e. someone I trust enough to reveal my heart and soul).
1	2	3	4	5	Do I have three or more best friends, all of whom reveal their hearts and souls together?
1	2	3	4	5	Am I a natural leader of my social group, where people are attracted to me and I do not need to change to be attractive?
1	2	3	4	5	Am I mentoring young adults outside of your work? (i.e. they are willing to be mentored and I am mentoring).
1	2	3	4	5	Am I initiating teenagers into adulthood? (i.e. helping them make that transition; they are willing to listen to me, and I am initiating).

Service

Degree of Completion					Statement
1	2	3	4	5	Am I volunteering? (i.e. as basic as just showing up for an event and helping out in something that has meaning for me).
1	2	3	4	5	Am I part of a team that is organizing service events or activities?
1	2	3	4	5	Am I leading a team that is organizing service events or activities?
1	2	3	4	5	Am I apprenticing someone who is living a life of deep meaning?
1	2	3	4	5	Am I sourcing a movement in life that has deep meaning for me?

Summary

Add all the circled numbers above to determine your average level on the Work-Life Balance Model.

SCORE:

121-150

91-120

61-90

31-60

0-30

LEVEL:

Purpose—My greatest passion meets the world's greatest need.

Freedom—From external constraint and internal compulsion.

Success—Getting all the recognition and belonging I want.

Building—Paying my dues, creating security.

Adulthood—Finding my place in the world.