

Are You Living Life to the Max?

A questionnaire to help determine how you are travelling in life.

Rate the following out of 100 with 100 being the best things could be and 0 the worst.

1. How you feel at this moment in time. _____ / 100
2. The worst you could feel - if things went horribly wrong, how low could you go? _____ / 100
3. Your relationship with your spouse or loved one. _____ / 100
4. Your relationship with your children. _____ / 100
5. Your health. _____ / 100
6. Your fitness level. _____ / 100
7. Your job or the work you do. _____ / 100
8. Your financial state. _____ / 100

If you are like most people, you will "exist" in life without having a plan or a goal for what you would like to achieve. You just accept what you have without thinking about what you could have or would like.

How did you score for all of the above? If you are not 100% for each, you are living life below your potential.

Now, rate how much time you spend, in the average day, working on and improving each of these. How much time do you spend improving the way you do things at work, with a hobby or in your favourite sport? How much time do you spend improving the way you feel or your relationship?

Place the time (in minutes or hours) in the space provided.

- | | <i>Time per day
(mins or hours)</i> |
|---|---|
| 1. How you feel. | _____ |
| 2. Your relationship with your spouse or loved one. | _____ |
| 3. Your relationship with your children. | _____ |
| 4. Your health. | _____ |
| 5. Your fitness level. | _____ |
| 6. Your job or the work you do. | _____ |
| 7. Your financial state. | _____ |
| 8. Your spiritual self | _____ |

Identify those areas you need to improve and spend time developing them.

If you are like most people, you will spend no time developing the most important element of all ... YOU.

Put some time aside each day to improve yourself. This may involve reading a book, listening to a tape, watching a video, attending a seminar or having a consultation.

You will certainly enjoy the benefits - Guaranteed.