

**HOW WOULD YOU RATE YOURSELF AS ENJOYING BEING YOUR TRUE SELF?**

*How do you feel you have been going over recent months in relation to each of the statements listed below? There are two pages.*

*For each dot point circle the number 1- 5 you feel most closely reflects your feelings?*

*Not at all*

*That's Me!*

<p><b>THE ENJOYMENT FACTOR IN YOUR LIFE</b></p> <ul style="list-style-type: none"> <li>You spend a large proportion of your life creating experiences that make you feel good about yourself (work and personal life).</li> <li>You enjoy a diverse range of personally-satisfying interests</li> </ul>	1	2	3	4	5
<p><b>A POSITIVE OUTLOOK</b></p> <ul style="list-style-type: none"> <li>You look beyond the problem in search of new approaches the problem may unlock</li> <li>You always feel you have something of value to offer the world</li> </ul>	1	2	3	4	5
<p><b>CONNECTING WITH LIKE-MINDED PEOPLE</b></p> <ul style="list-style-type: none"> <li>You have a diversity of networks comprising people you feel at ease with when you are with them.</li> <li>You feel that the people you connect with are generally at ease when they are with you</li> </ul>	1	2	3	4	5
<p><b>PURSUING YOUR PASSIONS</b></p> <ul style="list-style-type: none"> <li>You are actively pursuing at least one of your life-long passions</li> <li>You enjoy at least one interest outside of work that stirs your sense of challenge and free self-expression.</li> </ul>	1	2	3	4	5

<p><b>MAXIMIZING YOUR NATURAL-BORN GIFTS/TALENTS</b></p> <ul style="list-style-type: none"> <li>You recognize and value what makes you different to everyone else.</li> <li>You feel you know why you are on this earth. You aren't necessarily aiming to be the best, but it gives you a true sense of place and purpose in this world.</li> </ul>	Not at all	1	2	3	4	That's me! 5
<p><b>MENTAL ENERGY</b></p> <ul style="list-style-type: none"> <li>You love being energized by the challenges of being alive.</li> <li>You enjoy a 'renewable energy' life – self-energizing interests that sustain your ability to cope with energy-draining problems, and leave you with energy in reserve for emergencies</li> </ul>	1	2	3	4	5	1
<p><b>CONTINUOUS DEVELOPMENT</b></p> <ul style="list-style-type: none"> <li>You see your life as one of, little by little, continuously developing/improving all of the six key areas above, for as long as your health allows you, including life after you leave fulltime work</li> </ul>	1	2	3	4	5	1