

April, 2006

**"Great things are not done by impulse,  
but by a series of small things brought together."**

– Vincent van Gogh

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## BALANCE IN BODY, MIND AND SPIRIT

### Personal Assessment - *The Systems Thinking Approach™*

This Instrument is grounded in the Centre's Systems Thinking Approach™ to self-mastery. Striving for balance is a constant struggle for most of us in today's complex, fast-paced environment. Time is the one thing none of us have enough of in our lives. This assessment helps each of us focus on what's important in our lives and career. "What are my goals?" is the #1 Systems question.

**Instructions:**

Answer these questions as to how well your business deals with change on a daily basis. Write in the number that applies. **No = 1, A Little = 2, Some = 3, Mostly = 4, Yes = 5**

**I. BODY**

- \_\_\_ 1. Do you have specific ways in which you regularly keep your stress levels under control?
- \_\_\_ 2. Do you practice a good time management system that includes a priority setting and effectiveness focus; not just on efficiencies?
- \_\_\_ 3. Do you get adequate restful sleep at night?
- \_\_\_ 4. Do you exercise regularly?
- \_\_\_ 5. Are physically fit and "in-shape"?
- \_\_\_ 6. Is your health good overall?
- \_\_\_ 7. Do you eat properly and nutritionally?
- \_\_\_ 8. Do you take adequate lengthy (7+ days) vacation each year?
- \_\_\_ 9. Do you take adequate short breaks in you work life?
- \_\_\_ 10. Do you have trust and confidence in yourself to handle stress, emergencies and crisis well?

[CLICK HERE](#)

to print the full 30 Questions of the Proven Best Practices of our **BALANCE IN BODY, MIND AND SPIRIT Personal Assessment**

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