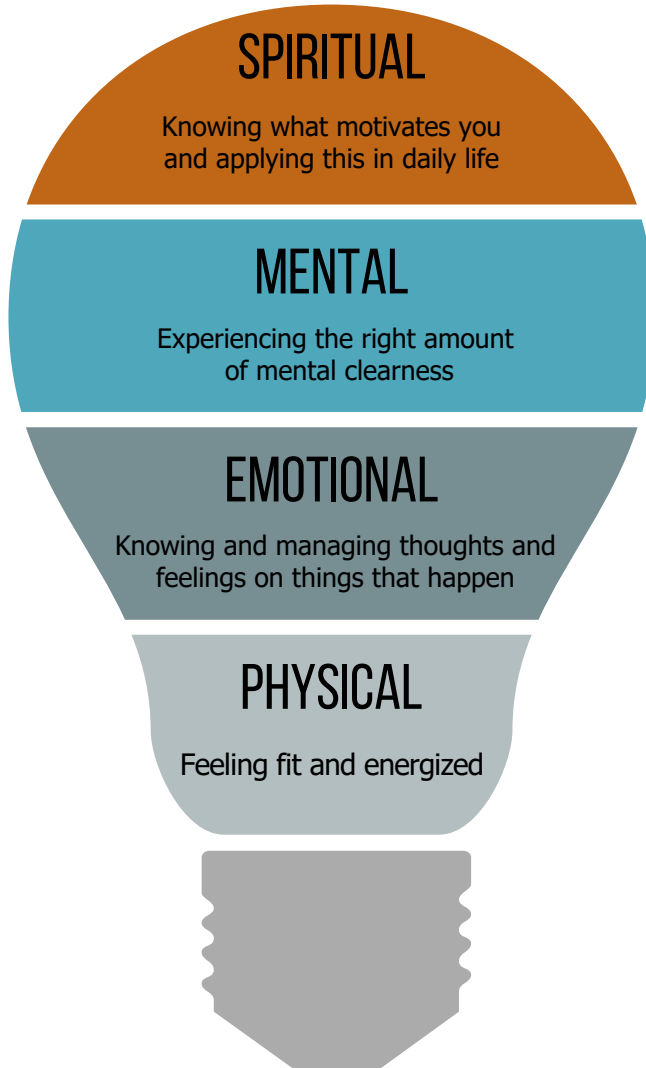


A CHECK – HOW ARE YOU DOING?

Check out the model and questions below. Score yourself for every level, use the guiding questions on the right to find the right score (1=low / 10=high). How do you feel about your scores? What would you like to do with them?



SCORE

Do you know and follow your purpose, your inner voice?

Do you feel energized by the things you do in daily (working) life?

Are you able to organize your life in such a way that you can do the things you love?

SCORE

How do you feel about the amount of headspace at this moment?

How is your working routine – are you doing the right things at the right time?

Is your mind occupied with other things than work and how does this influence your mental clearness?

SCORE

Are you able to recognize and deal with / manage your emotions?

How are you dealing with setbacks & happiness?

Do you pay enough attention to the things you care about?

SCORE

To what extend do you feel fit and energized?

Do you take good care of yourself?

Do you feel in balance when it comes to sleeping, eating, resting and exercising?

