

# Do you love the life you live?

Tick the statements which are true for you (be honest)

## Lifestyle

- |  |  |
|--|--|
| <input type="checkbox"/> I make time to meditate/relax daily         | <input type="checkbox"/> I can relax                               |
| <input type="checkbox"/> I exercise regularly                        | <input type="checkbox"/> I like where I live                       |
| <input type="checkbox"/> I eat healthy food                          | <input type="checkbox"/> I surround myself with things that I love |
| <input type="checkbox"/> I do not take drugs                         | <input type="checkbox"/> I am in good health                       |
| <input type="checkbox"/> I do not smoke                              | <input type="checkbox"/> I enjoy my leisure time                   |
| <input type="checkbox"/> I look after myself                         | <input type="checkbox"/> I make time for fun                       |
| <input type="checkbox"/> I make time for the things that I enjoy     | <input type="checkbox"/> I have hobbies that I enjoy               |
| <input type="checkbox"/> My environment is the way I like it         | <input type="checkbox"/> I give back to the community              |
| <input type="checkbox"/> I am happy with my appearance               | <input type="checkbox"/> I take regular holidays                   |
| <input type="checkbox"/> I treat myself the way I want to be treated | <input type="checkbox"/> I enjoy being me                          |

20

## scores

<b>0-7</b> It doesn't sound like you are having much fun. Begin by taking 20 minutes daily for "time out" where you can meditate, go for a walk or just rest. Look at every area of your life and work at making the outside match your inside. This takes time and effort but the results will transform your life.	<b>7-15</b> You're on the way but you probably need to take more time for fun. Learn to say no to others. Think about what's really important and stop filling every spare moment with something to do. Allow time to do nothing so that you can sit in your garden, read or listen to music. Time for relaxation and fun is good for the soul.	<b>15-20</b> You're on track – maintain (or improve) this by taking time to smell the roses. Life is not just about the achievement of goals, it's about enjoying each and every day. © Hart Life Coaching, Sydney <a href="http://www.hartlifecoaching.com.au">www.hartlifecoaching.com.au</a>
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