

# YOUR WORK-LIFE BALANCE SCORE

Your Work-Life Balance Score is based on recent research published in the 360 Living guide. It is an indicator of how you thrive in both your professional and personal lives: it reflects how well you shape your lifestyle, habits and behaviors to maximize your overall life satisfaction along the following five dimensions:

- ▶ 1. Healthy body, reflecting your fitness and healthy habits;
- ▶ 2. Healthy mind, indicating how well you embrace positive emotions;
- ▶ 3. Expertise, measuring the ability to grow your expertise and achieve something unique;
- ▶ 4. Connection, assessing the strength of your social network and your inclination to discover the world;
- ▶ 5. Meaning, evaluating your compassion, generosity and how much 'you are living the life of your dream'.

The Work-Life Balance Score is the total of all five categories: a poor score is below 550, a good score is above 680, an excellent score is above 700. Find out more about the mechanisms behind our well-being with the 360 Living Guide, and take the next step in changing your life: <https://amzn.to/2G4SnGp>

Scroll down to respond to the following questions and click submit at the bottom of the page. You will receive your Work-Life Balance Score together with a personalized PDF report describing how your score is calculated and how it compares to other respondents.

Be honest with the answers, we will send four detailed reports with key insights, benchmarks and actionable recommendations to further improve your life satisfaction.

 nilarangan@gmail.com (not shared) [Switch account](#)



\* Required



IN A TYPICAL WEEK, HOW MANY TIMES DO YOU HAVE THE OPPORTUNITY TO THINK ABOUT YOURSELF? \*

► Include meditation, praying and relaxation activities such as fitness, walking in a park or lunch breaks.

None

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Times per week or more often



### HOW MANY REMARKABLE ACHIEVEMENTS ARE YOU PROUD OF? \*

► Over the last 12 months, personal achievements known to your family, close friends or co-workers such as: running a marathon or important race, birth, successful kids, new house or major renovation, major success at work, opening a new business, ...

None

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Achievements or more



HOW MUCH STRESS DO YOU TYPICALLY EXPERIENCE EVERYDAY? \*

► At work or at home, due to the environment (noise, pollution, insecurity...), your co-workers or boss, or because of tragic events such as divorce, job loss, serious illness, loss of family or friends,... ► In average over 12 months.

Not much stress

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

A lot of stress



IN A TYPICAL DAY, HOW MANY HOURS DO YOU EXPERIENCE "FLOW"? \*

► 'Flow' is defined as the mental state, in which you are fully immersed in performing an activity. You then experience a feeling of energized focus, full involvement, and enjoyment in the process of this activity. ► Watch the youtube video from Mihaly Csikszentmihalyi "Flow, the secret to happiness"

None

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Hours per day or more



HOW MANY RECOGNITIONS HAVE YOU RECEIVED IN YOUR LIFE? \*

- Significant public recognitions validating a personal level of expertise and engagement
- E.g.: diploma, degree, certificate, accreditation, award, prize, published book, presentation at major conference, medals, cups, titles...

None

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Recognitions or more



### HOW WELL DO YOU COMPLETE YOUR WEEKLY TO-DO LISTS? \*

► Include your weekly goals, work- and personal-related tasks. ► On a scale of 0 = not at all to 10 = very well.

Not at all

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Very well



FOR HOW MANY YEARS AHEAD IS YOUR LIFE VISION VERY CLEAR FOR? \*

► For instance, illustrated in a vision board, detailed in a personal journal or openly discussed with your spouse or close friends.

I do not have a life vision

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Years or more





## HOW OFTEN DO YOU SHOUT OR SULK AT SOMEBODY? \*

► In a typical week. ► Expressing your negative emotions in an active or passive manner.

Never

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Times per week, or more



WITH HOW MANY PEOPLE DO YOU INTERACT WITH DURING A TYPICAL DAY? \*

► True interactions and dialogues at home, at work, at the gym, ... ► Average of workdays and weekends

None

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Persons or more

WHAT IS YOUR BODY MASS INDEX (BMI) RANGE? \*

► Your body mass in kg divided by the square of your height in meters ► Check the online BMI calculator such as [www.cdc.gov/healthyweight/assessing/bmi/index.html](https://www.cdc.gov/healthyweight/assessing/bmi/index.html). ► For instance, an adult of 6 feet and 184 pounds has a BMI of 25.

Below 25

1 ☐

2 ☐

Above 25



HOW MANY NEW PLACES DO YOU VISIT? \*

► Over a period of 12 months. Include new states, new cities as well as museum, places of interest and parks in your neighborhood.

None

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

New places (or more)

HOW SUFFICIENT IS YOUR INCOME TO COVER BASIC LIFE EXPENSES? \*

► Such as the costs of housing, food, health care, car and education.

Not or hardly sufficient

1 ☐

2 ☐

Sufficient



HOW MANY HOURS DO YOU SPEND EVERYDAY DOING WHAT YOU ARE  
PASSIONATE ABOUT?



► Daily hours spent doing what you are passionate and dreaming about, and/or contributing to a greater cause: health, education, peace, society development, ...

None

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Hours



HOW MANY STEPS (IN THOUSANDS) DO YOU TYPICALLY WALK EVERYDAY? \*

► Thousand steps, daily average over multiple days including work days and week-end.

Less than 1,000 steps

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Thousand steps



HOW MANY DAYS OF VACATION DO YOU TYPICALLY LOSE EVERY YEAR ? \*

► Unused vacation days, lost or carried forward into the following year. ► Or because of work stress during your vacation.

None

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Vacation days



HOW MANY PEOPLE ARE VERY CLOSE TO YOU? \*

► i.e. close family and friends ready to provide you with a long-term unconditional support.

None

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

People or more



ABOUT HOW LONG DO YOU TYPICALLY SLEEP? \*

► Over the course of a typical working week, including week-end

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

Hours per night





HOW MANY TIMES DO YOU DONATE YOUR TIME OR MONEY TO GOOD CAUSES? \*

► Over a period of 12 months. Include financial donation, your time contribution, fundraising, volunteering, serving your country and the poor, ...

None

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

Or more



### HOW MANY PEOPLE DO YOU HELP ACHIEVE A BETTER LIFE? \*

► A reflection of your altruism or selflessness (see the TED video from Matthieu Ricard 'How to let altruism be your guide') ► e.g.: caring for your family, actively supporting a friend, mentoring, coaching, developing or promoting a co-worker, ... ► Over a period of 12 months.

None

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐

10 ☐

People or more



HOW MANY FRUITS OR VEGETABLES DO YOU EAT EVERYDAY? \*

► In a typical day, averaging workdays and weekends. Select 5 if more than 5.

None

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 ☐

Servings per day

4 more questions and click 'Submit'

YOUR AGE RANGE \*

☐ Less than 20

☐ 21 to 35

☐ 36 to 50

☐ 51 or more



### YOUR EMAIL \*

► we are deeply committed to respecting and protecting your rights and takes your privacy seriously. Your response to this survey will be interpreted as an indication of your consent to participate. Your answers will be held in strict confidentiality and will be used only for the purposes of this study and related publications. The results will be analyzed and published in aggregate form only, without identifying or sharing Personally Identifiable Information.

Your answer

### YOUR GENDER \*

☐ Female

☐ Male

### CONTACT PERMISSION \*

We'll always treat your personal information with the utmost care and will not sell, rent, loan, or give your email address or other personal information to anybody without your express permission. We will send you by email four personalized Work-Life Balance reports. Please let us know if you would like us to contact you or not by selecting one of the options below.

☐ Yes please, I'd like to receive my Work-Life Balance reports from The Authentic Happiness Project.

☐ No thanks, I don't want to receive my Work-Life Balance score and life satisfaction reports.

Submit

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