



Your Work-Life Balance Report

Prepared for c.dangg@hotmail.com by Authentic Happiness

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This is your life, live your dream now

YOUR WORK-LIFE BALANCE REPORT - - - - - x

Congratulations for completing the Work-Life Balance questionnaire. Your inputs have been analyzed, benchmarked and compiled to give you a most accurate report of your score. The report is broken down into six sections:

- ▶ 1. Your overall Work-Life Balance Score relative to low, high scores and average;
- ▶ 2. How does your score compare to the scores of other respondents?
- ▶ 3. Your long-term versus short-term focus;
- ▶ 4. Your overall strengths and weaknesses, broken down into five character traits;
- ▶ 5. Your Work-Life Balance Score compared to the score of other men;
- ▶ 6. The evolution of your Life Satisfaction Score over time;
- ▶ 7. 5 individual recommendations to improve your personal score.

The data points used for a relative comparison of your score are based on 200,000 data points collected between 2015 and 2019.

— You like your Work-Life Balance report? [Take the next step in changing your life.](#) —

“

A full life consists in experiencing positive emotions about the past and future, savoring positive feelings from pleasures, deriving abundant gratification from your signature strengths, and using these strengths in the service of something larger to obtain meaning.

- Prof. Seligman

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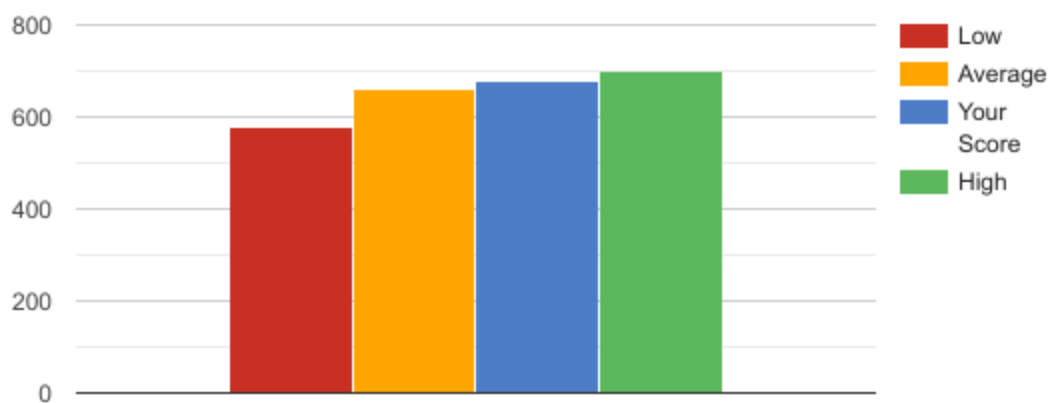


1. Your Work-Life Balance Score is 677

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This score reflects how well you shape your lifestyle and habits and behaviors to balance your life priorities:

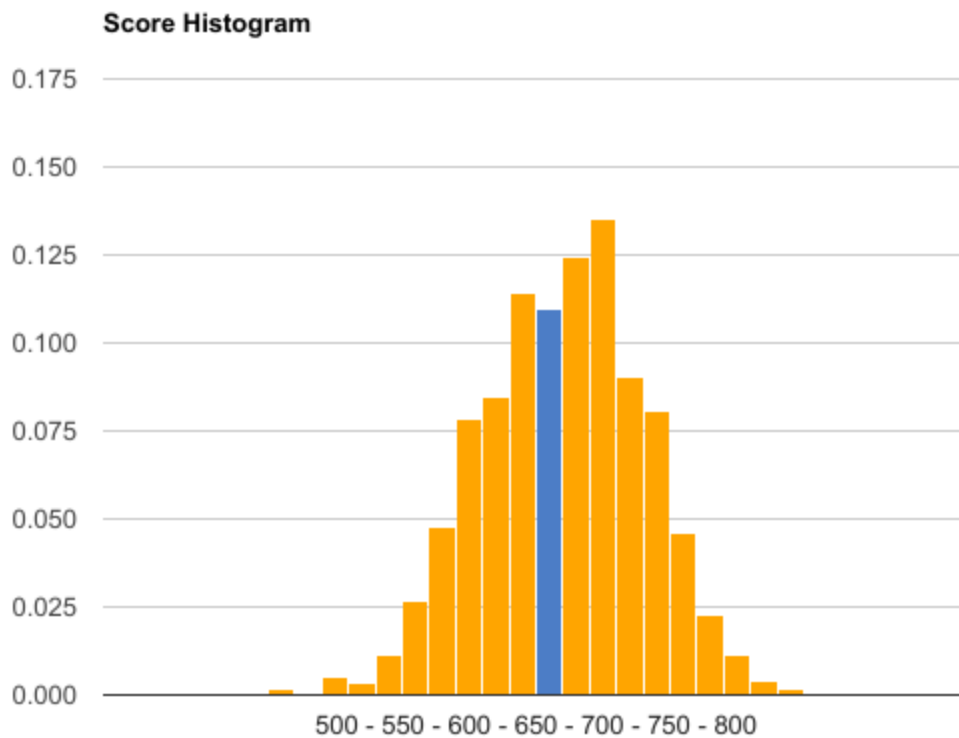
- ▶ **A low score** is typically below 580;
- ▶ **The average score** from all respondents is around 660;
- ▶ **An excellent score** is above 700.



2. How does a score of 677 compare to other scores? - - - - - x

The graph below shows the histogram of your score: each bar represents the percentage of scores in each interval.

Your score falls in the interval highlighted in **blue**.



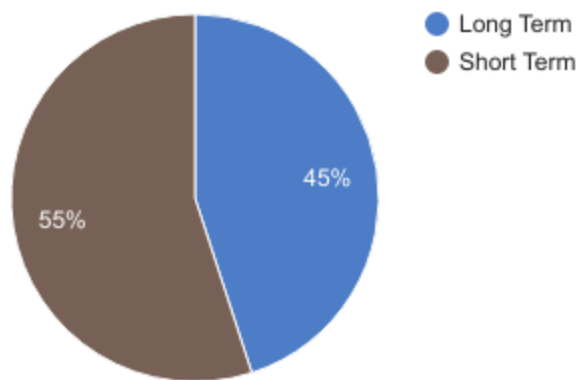
Your score is in the **48th percentile**, meaning that it is higher than 48% of all other scores.

3. Your Long-Term Focus is 45 %



This value indicates your inclination to look for **longer-term well-being** versus **instant life gratification**:

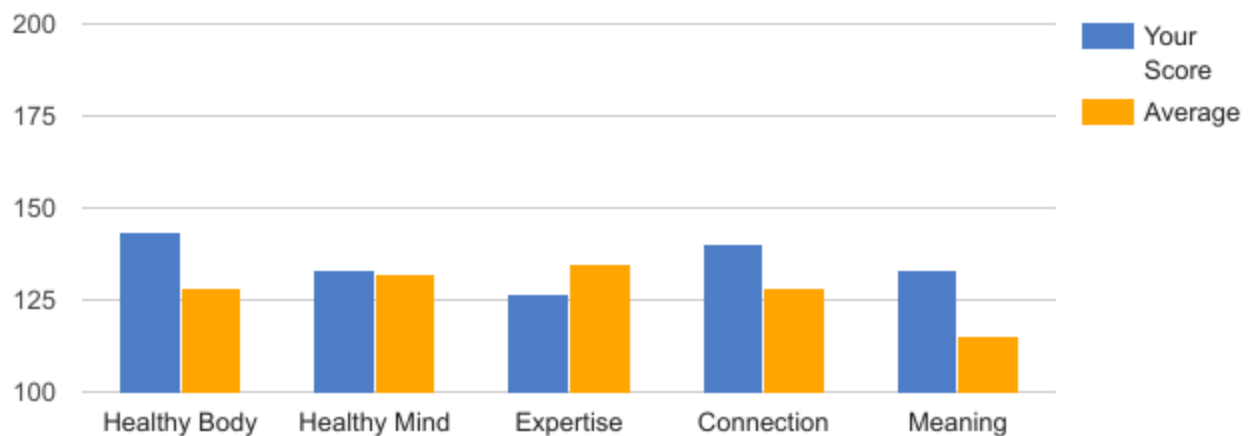
- ▶ **A score higher than 50%** indicates your tendency to focus on longer-term life satisfaction such as: your life vision, your sense of achievements, meaning versus instant gratification;
- ▶ **On the other hand, a score lower than 50%** indicates that you largely derive satisfaction from everyday's habits and activities such as: good sleep, regular walk and other shorter-term life pleasure; spending time with friends; the ability to relax in the 'now', or practice mindful meditation.



4. Your Overall Strengths and Weaknesses - - - - - x

Your Work-Life Balance Score is calculated as the sum of five personal traits:

- 1. Health & Fitness**, reflecting your physical well-being and healthy habits;
- 2. Positive Emotions & Gratitude**, indicating how well you embrace positive emotions;
- 3. Skills & Expertise**, measuring the ability to grow your expertise to achieve something unique;
- 4. Social Skills & Discovery**, assessing your social skills and inclination to discover the world;
- 5. Leadership & Meaning**, evaluating how meaningful and passionate your life is.



“In the depth of winter, I finally learned that within me
there lay an invincible summer.” - Albert Camus



What are your key Strengths and Weaknesses ?

PHYSICAL HEALTH

1. In the wellness area, one of your key strengths is your ability to maintain an ideal Body Mass Index (BMI) ratio.
In order to further improve your wellness score, you should try to walk more steps everyday.

EMOTIONAL HEALTH

2. Staying positive and monitoring your emotions: your strength is to monitor your negative emotions.
Your positive emotions would be even stronger everyday if you had the opportunity to find new ways to increase your income or reduce your expenses.

EXPERTISE

3. In terms of developing your personal skills, your strength is clearly to complete your daily tasks.
To further improve further in this area, try to achieve remarkable milestones or personal successes, which you will remember for the rest of your life.

CONNECTION

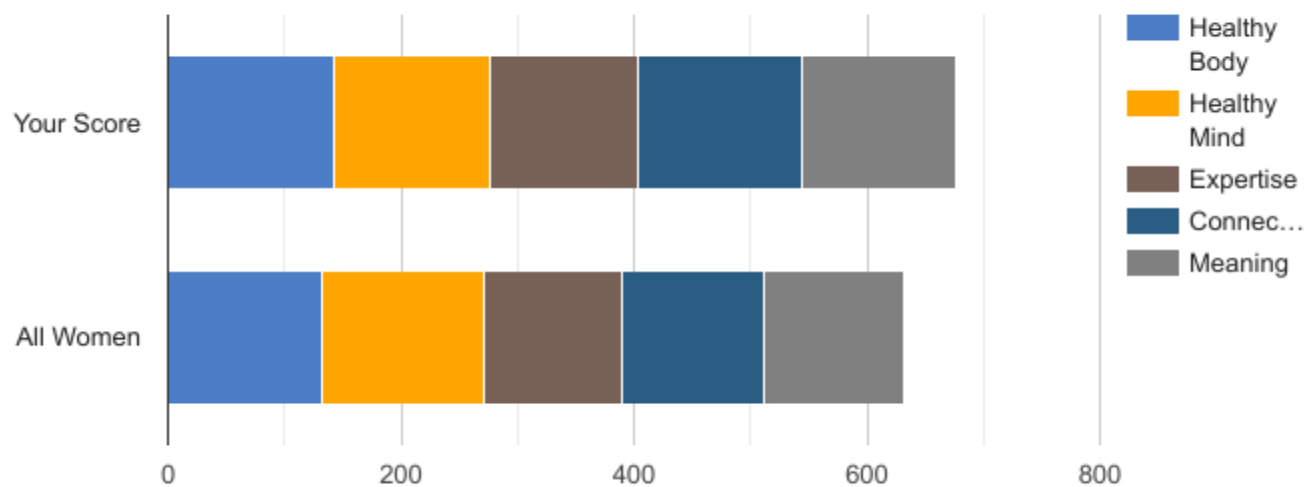
4. To have a strong family support is not a problem for you.
To further improve your social life, you should make more effort to go out more, discovering new places.

PURPOSE

5. For you, meaning and leadership mean to donate part of your salary to charity or other good causes and this is one of your personal strengths.
You will find more meaning in life if you find new ways to better define your true passion and spend lot's of time doing what you enjoy.



5. Your Work-Life Balance Score Compared to Other Women - - - x



The first stacked bar illustrates your Work-Life Balance Score broken down into your 5 personal traits. The next bar represents the average score of all women who responded to the survey:

6. The Evolution of Your Work-Life Balance Score Over Time- - - - -x

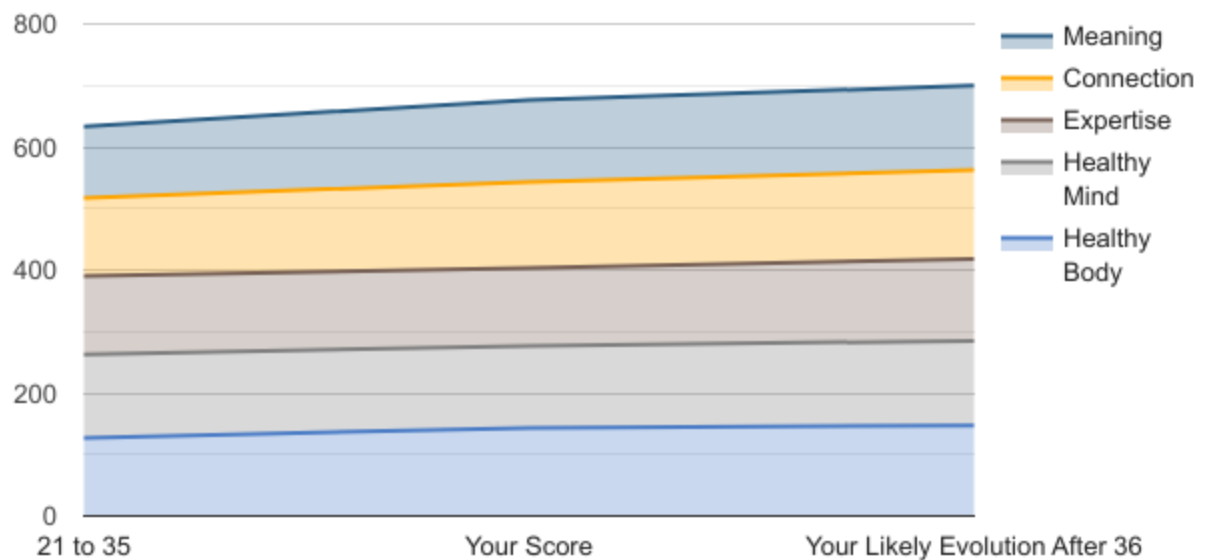
The next chart represents the likely evolution of your Work-Life Balance over time:

- ▶ 21 to 35: the first data point (left) is the average score of respondents in the same age group;
- ▶ Your score: the next data point (middle) is your Work-Life Balance Score, adding up to 677;
- ▶ Your likely evolution: the data point on the right represents the most likely evolution of your score as you move into your next age group, 'the over 36'.

This statistical prediction is based on the comparative evolution of all responses from one age group to the next, applied to your current score.

The predictive analysis is based on 200,000+ data points collected between 2015 and 2018 from 12,000+ respondents across all age groups.

This is good news, as your Work-Life Balance Score will likely evolve from 677 to 700 as you become older than 36 (as long as you evolve like the rest of your age group).



7. The Next 5 Habits Will Improve Your Work-Life Balance - - - - x

So what? It is nice to gain new insights into your relative strengths and weaknesses, but how will this help you improve your life?

The following 5 recommendations have been selected to address specific areas for improvement. Please consider them carefully, they are grounded in facts and studies and, as you make them part of your weekly routine, will result in measurable improvement of your Work-Life Balance Score:

Your
top 5

- ▶ Add the next Your top 5 habits to your calendar and try them out;
- ▶ Once tested, turn your new habits into a weekly routine;
- ▶ Stay focused and disciplined, document your progress in a personal journal;
- ▶ Monitor your weekly progress, celebrate small successes;
- ▶ Re-check your Work-Life Balance Score after one month;
- ▶ Do not give up after a week, you will get amazing results.

Not convinced? Explore the Your top 5 new habits over the next three weeks; reshape your life one step at a time, you have nothing to lose, only more life satisfaction to gain!



5 individual recommendations

New Habit #1: track your steps and set yourself a daily goal to walk 8,000 steps

►►► *Go for an active lifestyle!*

FACTS & STUDIES:

- Half an hour: the U.S. Surgeon General recommends at least 30 minutes of moderate to intense physical activity, most days of the week;
- More than 6 hours sitting every day will statistically increase our death rate by 20% to 40% (Alpa Patel, the American Cancer Society). Alpa Patel tracked the health of 123,000 Americans between 1992 and 2006: The men in the study who spent six hours or more per day of their leisure time sitting had an overall death rate that was about 20% higher than the men who sat for three hours or less. The death rate for women who sat for more than six hours a day was about 40% higher;
- The opposite is true: each time we exercise, endorphins are released in your brain and we feel better (www.webmd.com/depression/guide/exercise-depression);
- People who walk or bike to the office may be happier than those who drive or take the bus (a 2012 study of 800 People in Portland). Explore new ways to go to work!

FIND OUT MORE:

- Schedule time in your calendar to go for a walk, visit the gym or ride your bike;
- Are you "fitness-ready"? Check it out www.shapeup.org/fitness/assess/parq1.html;
- Check out the 'Six steps to define your personal fitness program' free learning module from www.Authentic-Happiness.com.

New Habit #2: how much money do you need to lead a meaningful and fulfilling life?

Find new ways to earn additional income and lower your recurrent expenses.

FACTS & STUDIES:

- \$75,000 a year is the estimated income plateau to optimize your life satisfaction. More income above and beyond this level does not have a measurable effect on day-to-day contentment (Robert Frank, Wall Street Journal, 2010).

Please note that \$75,000 was estimated for somebody single living in an average US city, this value needs to be adjusted

for couples and geographic disparities;

- ▶ Flexibility is more important: at the same time, a recent Ernst & Young external study of more than 1,200 American cross-company professionals found that nearly one in five workers rank flexibility as the most important workplace perk, ahead of cash and benefits such as health care and retirement. Workplace flexibility drives employee satisfaction and create a more productive environment;
- ▶ Money does not buy happiness and more money often leads to more stress. But misery is the inability to earn a sufficient income creates a permanent state of financial stress that breaks many couples and destroys many lives.

FIND OUT MORE:

- ▶ Find out new ways to develop 'marketable' skills and expertise, keep on learning and discover how to practice 'flow'. More in www.Authentic-Happiness.com.

New Habit #3: know your strengths, become an expert, make a difference. Apply proven successful principles from the field of positive psychology.

'A full life consists in experiencing positive emotions about the past and future, savoring positive feelings from the pleasures, deriving abundant gratification from your signature strengths, and using these strengths in the service of something larger to obtain meaning.' Prof. Martin E.P. Seligman

FACTS & STUDIES:

- ▶ Find out what are your character strengths, what you like doing the most in your job and free time, what you enjoyed doing as a kid. Check viacharacter.org for a free evaluation of our signature strengths;
- ▶ Define and hone your personal expertise;
- ▶ Apply the principles of Positive Psychology to shape your life and maximize short term gratification as long as long term meaning.

FIND OUT MORE:

- ▶ 'What is Positive Psychology?' Find out with the introduction module from www.Authentic-Happiness.com ;
- ▶ Visit www.authentic_happiness.sas.upenn.edu.

New Habit #4: develop your own vision and action board.

Paint the picture of your dream life and define into the interim, achievable goals and milestones to get you there.

FACTS & STUDIES:

- ▶ The U.S. Center for Disease Control reported that about 4 out of 10 Americans have not discovered a satisfying life purpose;
- ▶ 40% either do not think their lives have a clear sense of purpose or are neutral about whether their lives have purpose;
- ▶ 54% of women reported having a pretty clear life vision versus only 48% of men (Authentic-Happiness.com survey). In this study, the age groups with the clearest life vision were teenagers and 51+ year old;
- ▶ Well-controlled studies conducted in large populations indicate that people who are more optimistic or have a greater sense of purpose, have at least a 20% reduced risk of developing major illnesses (Kubzansky and Viswanath, Time magazine).

FIND OUT MORE:

- ▶ Download the resolution chart and apply the '4 actions to have goals to look forward to', www.Authentic-Happiness.com.

New Habit #5: no matter what you do in your life, one of the most happy-making things you can do is to follow your passion.

Did you find out what your true passions are? What are you very strong at? What are the top 3 things you loved doing as a child?

FACTS & STUDIES:

- ▶ 60%: this is the percentage of employees who rate their job as 'not very meaningful' (Authentic-Happiness.com survey);
- ▶ At the same time, only 27% of 4,500 respondents believe that they spend enough time rate doing what they are passionate about.

FIND OUT MORE:

- ▶ Check out the 'Positive Psychology' free learning modules (www.Authentic-Happiness.com).

- 1. LIFE IS FUN, MAKE IT LAST:** SLEEP WELL, SAVOR HEALTHY MEALS, STAY ACTIVE.
- 2. EMOTIONS ARE BEAUTIFUL, EMBRACE THEM EVERYDAY:** DISCOVER YOURSELF, EXPERIENCE LIFE, BE GRATEFUL.
- 3. YOUR TALENT IS A GIFT, MAKE USE OF IT, BECOME AN EXPERT:** UNCOVER WHAT YOU LOVE, HONE YOUR SKILLS, CREATE SOMETHING *UNIQUE*.
- 4. LIFE IS AN ADVENTURE, GO OUT, DISCOVER THE WORLD:** TRAVEL OFTEN, MEET NEW PEOPLE, OPEN YOUR MIND & YOUR HEART.
- 5. THIS IS YOUR LIFE, LIVE YOUR DREAM NOW:** SEIZE NEW OPPORTUNITIES, LEAD A MEANINGFUL LIFE, SHARE YOUR PASSION!



In Summary - - - - - x

Today, January 18 2023 (GMT), your Work-Life Balance Score is 677:

It is in the 48th percentile of all scores, meaning that it is higher than 48% of all other scores. Your long-term focus on your Life Vision, Meaning or Passion (versus short-term gratifications), is 45%. Your Life Satisfaction Score evolves with your age.

Dr. Seligman's formula for an enduring level of balanced life satisfaction consists of the following three elements:

- ▶ **1. The set point**, or biologically predetermined range of emotionality; what we are made of and can not change. This accounts for up to 50% of your happiness level;
- ▶ **2. The circumstances of our life**, contributing to 10%. As much as we cannot change circumstances, we can change the way we deal with them;
- ▶ **3. Our voluntary efforts** to lead a more meaningful and fulfilling life. This is what Authentic Happiness is about. For you, it means shaping your life with the following 5 individual recommendations:

New Habit #1: track your steps and set yourself a daily goal to walk 8,000 steps

New Habit #2: how much money do you need to lead a meaningful and fulfilling life?

New Habit #3: know your strengths, become an expert, make a difference. Apply proven successful principles from the field of positive psychology.

New Habit #4: develop your own vision and action board.

New Habit #5: no matter what you do in your life, one of the most happy-making things you can do is to follow your passion..



Take the next step in rebalancing your life.
Learn the mechanisms behind our well-being and discover step-by-step guidance to optimize your work, relationships, health, and more.

Get the 360 Living guide

**“ A STUNNINGLY beautiful discussion on happiness
and how to achieve it.**

A MUST READ! ”

- USA Today Bestselling Author Lauren Smith

Disclaimer: the recommendations, ideas and models contained in the Life Satisfaction report and learning modules do not provide medical advice. It is intended for general informational purposes only and does not address individual circumstances. It is not a substitute for professional medical advice, diagnosis or treatment and should not be relied on to make decisions about your health and fitness.