

QUIZ

HOW STRESSED AM I?

What do many successful people have in common?

They are self-aware and implemented tools and techniques to manage their workload and therefore reduce their stress level.

Take 5 moments to find out how stressed you are.

On a scale from 1 to 4, rate each of the following statements and mark the option closest to your personal experience.

If your answer is "Never" - write 1 into the box. If it is "Always" - write 4 in the box.

Be honest with yourself.

1 2 3 4
Never Sometimes Always

	<u>Score</u>
I am ready to create more balance in life.	_____
I am ready to improve my personal or business relationships.	_____
I am ready to make real and positive changes in my life.	_____
I am ready and willing to overcome self-limiting behavior.	_____
I am ready to create and take action to achieve my goals.	_____
I am ready to achieve a sense of fulfillment at work and in life.	_____
I am ready for more fun and enjoyment in my life.	_____
I'd like to work less and make more.	_____
I can benefit from someone who will help me to stay on track.	_____
Total	_____

View your results on the next page.

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Your Score

Under 64

You can manage your stress level very well.
Too little stress can be unstimulating, so
try to achieve the optimum balance between positive and negative stress.

65 - 94

You have a reasonably safe level of stress, but certain areas need improvement.

Over 95

Your level of stress is too high.
You need to develop new strategies to help reduce it.

Schedule a call to talk about how we can help you
be less stressed and have a more fulfilling life.

[Schedule Call](#)



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