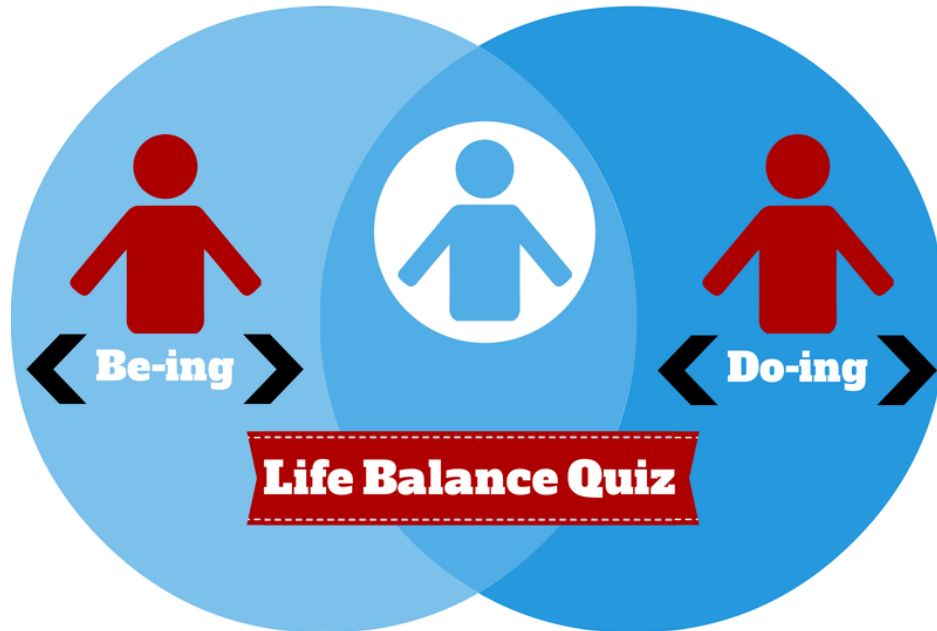


*Diane Rolston*

Clarity. Confidence. Action.

## The Life Balance Quiz

*It's not always easy to feel in balance, but this quiz will help you to determine where you're at right now on the Be-ing and Do-ing spectrum.*



*Don't worry about knowing what those mean now. I'll quickly tell you after the quiz is over. It just takes a minute or two & you only need a pen.*

*Have fun and follow through on the results!*

*xo Diane*

# The Life Balance Quiz

Do you connect more with the word in the Left or Right column? For each number put a tick beside the word that describes you better. Don't over think it and trust your gut!

Left Column

Right Column

- |    |  |    |   |
|----|--|----|---|
| 1  | <input type="radio"/> Feeling            | or | <input type="radio"/> Thinking            |
| 2  | <input type="radio"/> Values Driven      | or | <input type="radio"/> Behavior Driven     |
| 3  | <input type="radio"/> Receptive          | or | <input type="radio"/> Active              |
| 4  | <input type="radio"/> Transforming       | or | <input type="radio"/> Changing            |
| 5  | <input type="radio"/> Listening          | or | <input type="radio"/> Talking             |
| 6  | <input type="radio"/> Not Afraid to Fail | or | <input type="radio"/> Driven by Success   |
| 7  | <input type="radio"/> Patient            | or | <input type="radio"/> Restless            |
| 8  | <input type="radio"/> Trust              | or | <input type="radio"/> Control             |
| 9  | <input type="radio"/> Rest & Relaxation  | or | <input type="radio"/> Busy                |
| 10 | <input type="radio"/> Questioning        | or | <input type="radio"/> Answering           |
| 11 | <input type="radio"/> Present            | or | <input type="radio"/> Achievement/Goals   |
| 12 | <input type="radio"/> Creating Space     | or | <input type="radio"/> Creating Plans      |
| 13 | <input type="radio"/> Walks/Talks Slowly | or | <input type="radio"/> Walks/Talks Quickly |
| 14 | <input type="radio"/> Accepting          | or | <input type="radio"/> Questioning         |

Total = \_\_\_\_

Total = \_\_\_\_

# The Life Balance Quiz

## What now?

- 1. Complete the quiz on the previous page.**
- 2. Add up all of your answers on the left side.**
- 3. Add up all of the answers on the right side.**
- 4. Turn to the next page to see where your life balance is.**
- 5. Read the Balance techniques and apply them to your life.**

# The Life Balance Quiz

**Greater than 9 in the left column**

## You Favor Be-ing

You're the type of person who prefers to be really present. You are very self-aware and love having relationships with others. You're in tune with your feelings and you enjoy meditation or another way to just hang out and be with yourself and present in the moment.

According to the Coaches Training Institute (CTI), the being side is called "Co" and "suggests relationship, connection, intimacy and collaboration. Thus, the "Co" in us is curious, listens deeply, hears nuance, holds space for others, intuitively nurtures."

## What now?

Try bringing some more Do-ing into your life!

## What is Do-ing?

According to the Coaches Training Institute (CTI), the doing side is called "Active" and "stands for power, direction, action and manifestation. So, the "Active" in us is courageous, has clarity and conviction, takes charge and achieves goals."

*(www.thecoaches.com)*

Some ideas of how to bring in more Do-ing:

1. Create a list of goals you want to achieve and decide on a date to complete them.
2. Get into action around something you've been putting off.
3. Make decisions quicker or take the lead instead of following.
4. Multitask and do two things at the same time.

# The Life Balance Quiz

## Greater than 9 in the right column

### You Favor Do-ing

You're the type of person who prefers to be in action. You can make lists, deal with daily routines and get things done. You can multitask, are productive and work towards succeeding at your goals.

According to the Coaches Training Institute (CTI), the doing side is called "Active" and "stands for power, direction, action and manifestation. So, the "Active" in us is courageous, has clarity and conviction, takes charge and achieves goals."  
([www.thecoaches.com](http://www.thecoaches.com))

### What now?

Try to bring in a little more be-ing into your life.

### What is Be-ing?

According to the Coaches Training Institute (CTI), the being side is called "Co" and "suggests relationship, connection, intimacy and collaboration. Thus, the "Co" in us is curious, listens deeply, hears nuance, holds space for others, intuits and nurtures."

Some ideas of how to bring in more Be-ing:

1. Instead of a list of "To Dos" write down how you want to feel with each activity.
2. Experiment with meditations or listen to music and just have some down time.
3. Play. Play some music, with some toys, a game.
4. Create. Paint a picture, knit something, cook or bake some food.

# The Life Balance Quiz

## Your Totals were between 6-8 in both columns

You're feeling balanced between Be-ing and Do-ing! So rather than favoring the being or the doing side you spend enough time and energy on both.

### What is Be-ing?

According to the Coaches Training Institute (CTI), the being side is called "Co" and "suggests relationship, connection, intimacy and collaboration. Thus, the "Co" in us is curious, listens deeply, hears nuance, holds space for others, intuits and nurtures."

### What is Do-ing?

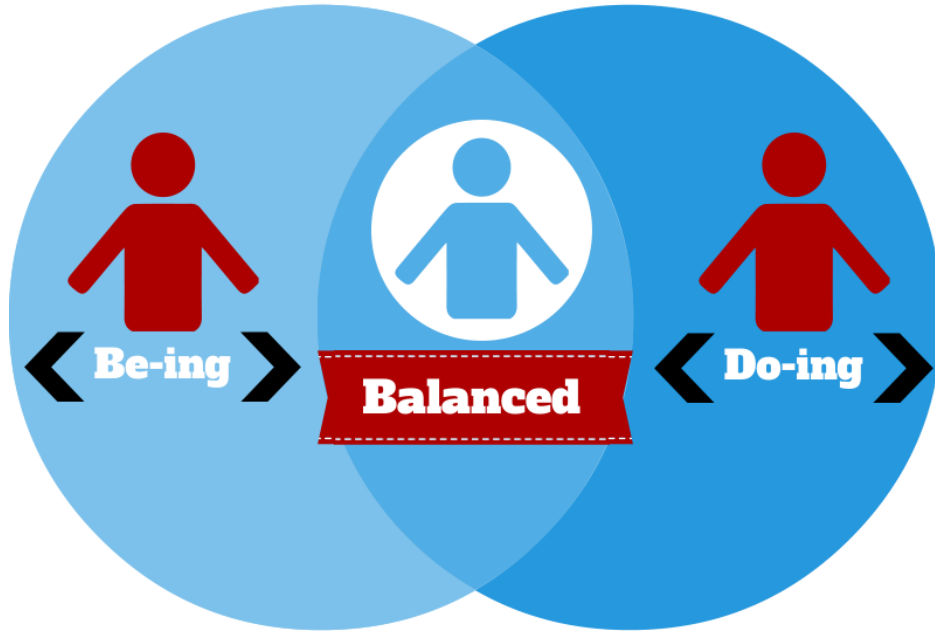
According to the Coaches Training Institute (CTI), the doing side is called "Active" and "stands for power, direction, action and manifestation. So, the "Active" in us is courageous, has clarity and conviction, takes charge and achieves goals." ([www.thecoaches.com](http://www.thecoaches.com))

### What now?

Continue to Balance between Be-ing and Do-ing! For more ideas on how to bring in more of both look to pages 3 and 4.

# The Life Balance Quiz

Time to Choose and Increase Balance



I will bring in more Being or Do-ing by making these changes:

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_