

## SUCCESS OVER STRESS LIFESTYLE ASSESSMENT SURVEY

Rate yourself on a scale of 1-4

(1) ALWAYS (2) OFTEN (3) OCCASIONALLY  
(4) NEVER

1. \_\_\_\_ I spend time alone
2. \_\_\_\_ I express my true feelings and can be myself
3. \_\_\_\_ I am relaxed while waiting in lines, in traffic, or for someone
4. \_\_\_\_ I spend quality time with my friends or family
5. \_\_\_\_ I am satisfied with my physical appearance
6. \_\_\_\_ I like my job
7. \_\_\_\_ I feel in control of my life
8. \_\_\_\_ I feel problems can be potential opportunities
9. \_\_\_\_ I am free of worries and anxieties
10. \_\_\_\_ I am free of time pressures
11. \_\_\_\_ I feel love and support from family and friends
12. \_\_\_\_ I expect good things to happen to me
13. \_\_\_\_ I know when to say no
14. \_\_\_\_ I find time to be of service to others
15. \_\_\_\_ I am free of work- related thoughts when not working
16. \_\_\_\_ I accept life changes easily
17. \_\_\_\_ I eat foods, which are good for me
18. \_\_\_\_ I exercise regularly
19. \_\_\_\_ I laugh and have fun
20. \_\_\_\_ I feel rested upon awakening
21. \_\_\_\_ I complete tasks and follow through on commitments and agreements
22. \_\_\_\_ I am free of health related worries
23. \_\_\_\_ I accept others exactly the way they are
24. \_\_\_\_ Others view me as easy going
25. \_\_\_\_ I feel good to be alive
26. \_\_\_\_ I find time to appreciate nature
27. \_\_\_\_ I establish priorities for my time
28. \_\_\_\_ I find time for hobbies

29. \_\_\_\_ I express my creativity and utilize my potential

30. \_\_\_\_ My life is in balance

SCORING:

30 - 40 You are the master of your life

41 - 65 Good balance

66 - 80 Slow down

81 - 105 Seek professional help