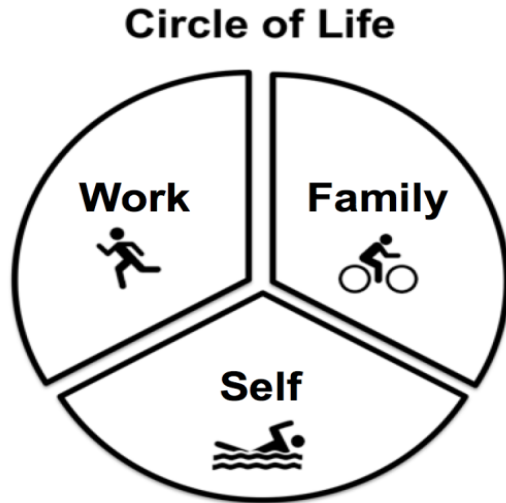


The Circle of Life Quiz

“If we don’t change the direction we are going, we are likely to end up where we are headed.”
-Ancient Chinese Proverb

The “Circle of Life Quiz” is a personal development tool designed to visually assess the balance in your life. It divides life into three essential areas for evaluation: work, family, and self. Much like training for a triathlon, where optimal performance requires a balanced approach to swimming, biking, and running, this tool aims to ensure you evenly allocate your time and energy across all aspects of your life.

The primary goal of the tool is to foster improvement in your professional life, enhance your family life, and support your personal well-being, creating a harmonious balance among work, family, and self.



Let's get started!

The following quiz consists of 8 questions per category, where you will honestly rate yourself on your performance in each area.

- Use the blank line after each question to note the score.
- After completing the quiz, total the scores for each category (work, family, self).
- Plot total scores by category onto the circle (below) to create a visual representation of the balance or equilibrium among the various priorities in your life.
- Engage in a goal-setting exercise to identify and prioritize areas that need attention.

The quiz and goal-setting portion should take less than 30 minutes to complete. By answering each question honestly, you'll gain a clear understanding of how you're doing in each aspect of your life.

1. Work:

- a) **How satisfied are you with the work you do for a career?**
(Not at all = 0; Kind of = 1; Satisfied = 2; Really like my job! = 3)

- b) **Does your current position utilize your God-given talents where you know you excel?**
(No = 0; Maybe some of them = 1; Mostly = 2; Definitely = 3)

- c) **Do you have a “plan” for your career—where you would like to be in 5-10 years and how you plan to get there?**
(No = 0; Working on it = 1; Yes, but it needs attention = 2; Yes, I review it regularly = 3)

- d) **Are you working on developing & improving your unique strengths in your career?**
(No = 0; I am planning to = 1; Yes, but need to work on it = 2; Yes, actively working on it = 3)

- e) **Are you willing to work when you are on an official vacation from the office?**
(No = 3; Only if urgent = 2; Sometimes = 1; Yes = 0)

- f) **Do you take time during working hours to exercise on a regular basis?**
(No = 0; Sometimes = 1; Mostly = 2; Yes, regularly = 3)

- g) **Do you have a living trust and a will set up for you and your family?**
(No = 0; Working on it = 1; Have a will = 2; Have a will and family trust = 3)

- h) **Do you have a “financial” plan with goals & priorities outlined for your family?**
(No = 0; I am planning to = 1; Yes, but need to work on it = 2; Done! = 3)

“Work” TOTAL: _____

2. Family:

- a) **Do you spend “quality” time with your family & children each week?**
(No = 0; Sometimes = 1; Mostly = 2; Yes, regularly = 3)

- b) **How often do you spend work time responding to “personal” emails and/or phone calls?**
(I don’t do that = 3; Only if it is important = 2; I do this sometimes = 1; I do this frequently = 0)

- _____
- c) **On average, how many hours per week are you spending at work?**
(70+ hours = 0; 60-70 hours = 1; 50-60 hours = 2; 40-50 hours = 3)

- _____
- d) **Do you make time for regular “date nights” to have quality time with your spouse/partner/children?**
(No = 0; I plan to = 1; Sometimes = 2; Yes = 3)

- _____
- e) **Would your family say that you are a good listener – in tune with their needs?**
(No = 0; Sometimes = 1; Mostly = 2; Yes = 3)

- _____
- f) **Do you eat dinner as a family at the dinner table 3 times a week?**
(Never = 0; Sometimes = 1; Most of the time = 2; Always = 3)

- _____
- g) **Do you regularly find yourself bringing your work home?**
(No = 3; Sometimes = 2; Often = 1; Yes, frequently = 0)

- _____
- h) **How often do you check email after hours and on weekends without taking the corresponding time off work?**
(3+ hours/week = 0; 2-3 hours/week = 1; 1-2 hours/week = 2; less than 1 hour/week = 3)

“Family” TOTAL: _____

3. Self:

- a) **Do you have a healthy and balanced diet each day?**
(No = 0; Sometimes = 1; Mostly = 2; Yes = 3)

- _____
- b) **How many days a week do you exercise?**
(0-1/week = 0; 2/week = 1; 3/week = 2; 4+/week = 3)

- c) **How much sleep do you get on average each night?**
(<5 hours = 0; 5-6 hours = 1; 6-7 hours = 2; 7+ hours = 3)

- d) **Do you regularly enjoy hobbies or interests outside of work?**
(No = 0; Sometimes = 1; Most of the time = 2; Yes = 3)

- e) **Are you doing anything to continue your education and personal development?**
(No = 0; I am planning to = 1; Yes, but need to work on it = 2; Yes = 3)

- f) **Are you involved in any way to give back to the community you live in?**
(No = 0; I am planning to = 1; Yes, but need to work on it = 2; Yes = 3)

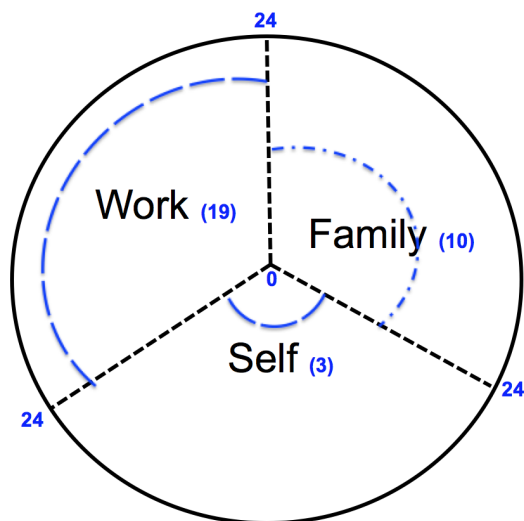
- g) **Do you make it a “priority” to have regular quiet time to remove yourself from the busyness of life?**
(No = 0; Sometimes = 1; weekly = 2; daily = 3)

- h) **Are you doing anything to increase your spiritual understanding and beliefs? ****
(No = 0; Sometimes = 1; Weekly = 2; Daily = 3)

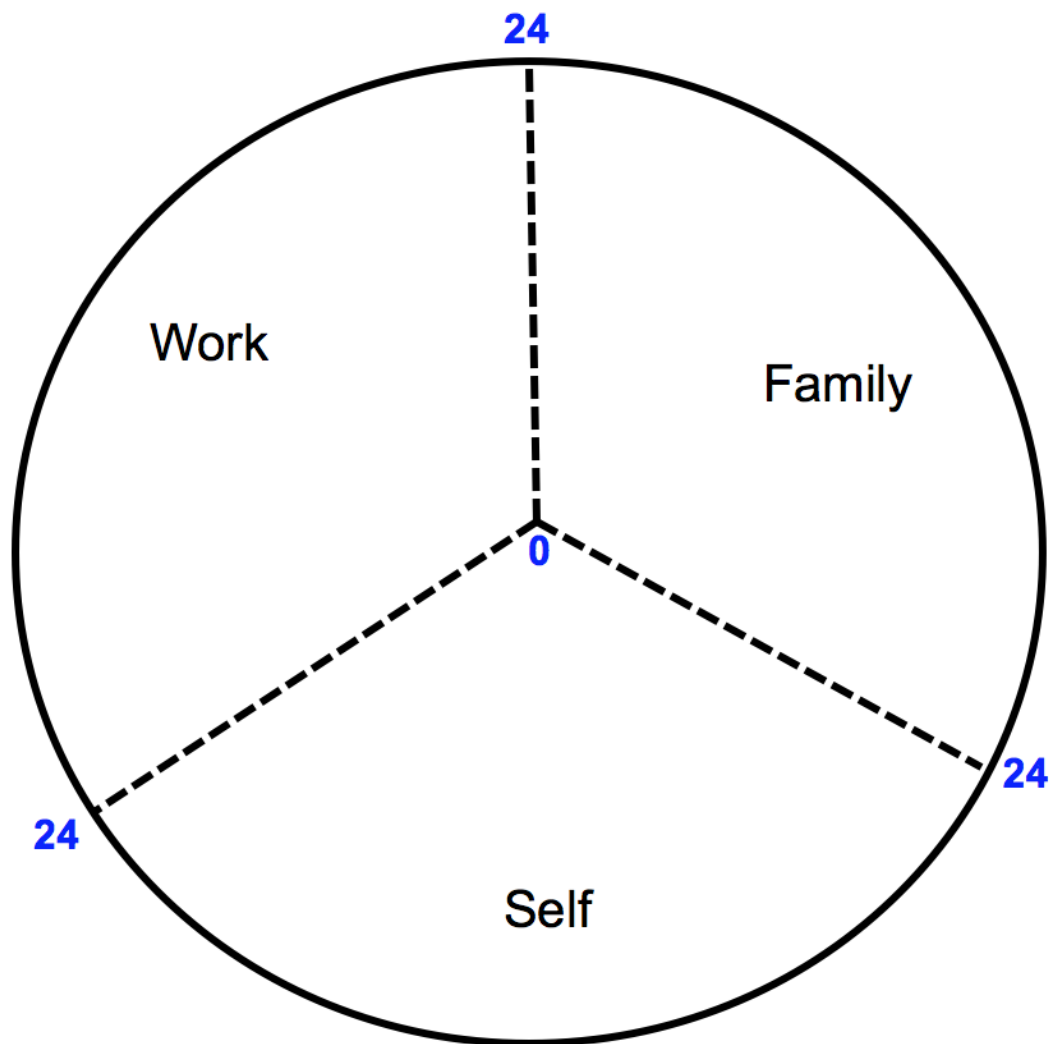
“Self” TOTAL: _____

Once the quiz is completed:

1. Briefly review the sample circle below, noting how the total scores for each section are drawn in with a partial circle (in blue). In this example, **Work** added up to “**19**”, **Family** to “**10**”, and **Self** was “**3**”.



2. Fill in the “large” circle (below) with the “total” scores from each of the three categories from your Circle of Life quiz – from “0” at the center to “24” at the outside of the circle.
3. Connect the lines to complete an inner circle for each category.
4. You now can see an immediate visual indication of just how balanced your life is.



Pay attention to two key elements:

1. **How round is your circle?**
 - This symbolizes the balance in your life between competing priorities.
2. **How close to “24” are you in each of the three areas?**
 - This reflects how fulfilled you are in each area but could also indicate some imbalance.

Evaluate your circle according to each area of questions. How does it look? Is it round? Are you as close to “24” in each category as you would like to be? Do you see areas for improvement? Consider how having more balance in one area might impact other areas of your life. Does this visual representation highlight any changes you’d like to make? If you notice imbalances or areas not as close to the outer circle as you desire, revisit your answers and identify where you might need to adjust your approach to maintain a sense of balance among the many roles you play in your life.

Goal Setting: Developing a Plan for Balance in Your Life

“Don't give up on your dreams, or your dreams will give up on you.”

- John Wooden

A person without goals is like a ship without a rudder, easily swayed by the winds of fate. An essential part of this exercise is using the Circle of Life quiz to set achievable goals for improvement in areas where you feel out of balance. Those who continue to grow personally toward a balanced lifestyle often find the most success in their work, family life, and personal well-being. This is because they have learned to pursue what they truly want in life.

There are two requirements for setting these goals:

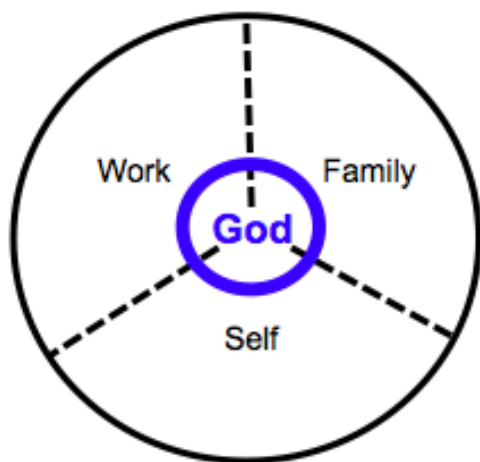
1. **Write it down.**
2. **Make it measurable**, so it's clear when you've achieved it.

Once you've written a goal, spend time reflecting on it, reviewing, and refining it. Working on your goals helps them work on you. Reminding yourself of the results you seek will provide the motivation to carry out your plans. Remember to keep your goals simple and focused. It's best not to set more than three goals at a time to avoid losing track and achieving less over time.

Goals (Work)	Date
Goals (Family)	Date
Goals (Self)	Date

Spiritual Growth Assessment

For those interested, I have added a second dimension to the Circle of Life, incorporating a more comprehensive evaluation of your spiritual growth. This optional exercise allows you to delve deeper into how you are putting God at the center of all decisions you make:



The emphasis here is on God's work in us, not our work for Him. God desires heart transformation over mere religious actions. He is the one who reveals, renews, empowers, and recreates. Our role as His disciples is to yield, submit, and obey. We strive to grow in our understanding of what it means to be a Christian while expanding our personal knowledge of biblical truths. God expects His children to grow spiritually, and the Bible encourages personal examination as part of that growth.

To get started, here are five questions for a quick check-up on evaluating your spiritual life as a Christian:

1. Am I consistently praying with confidence that God can do more than I can do?
2. Am I serving God with genuine passion and zeal?
3. Am I reaching out with love and giving to those in need with gladness?
4. Am I experiencing the power and fruit of the Holy Spirit in my life?
5. Am I living a gospel-centered life, fully convinced of its truth and my salvation?

Use these questions to reflect on your spiritual journey and identify areas for growth.