Life Balance Assessment Results

Score Interpretations

Total Score 113-150

This score indicates a high likelihood that your life is *not* currently balanced in the way that you would most like it to be. You appear to be frustrated by the percentage of your time and energy that you have been dedicating to tasks that may not be of your highest priority right now. You may feel that you are missing out on certain aspects of your life which cannot be recovered later. This idea causes you a great deal of distress and concern. You can clearly see how much improved your life would be if you were able to find the right balance between your many activities.

Total Score 75-112

Your score indicates that your life is somewhat in balance currently. You are likely to be frustrated at times because you are not able to dedicate your time and energy to certain areas of your life. You recognize that you are working too hard in one or more areas and that leads to neglecting other areas. At times these ideas cause you distress and at other times you feel happy that you are able to juggle many activities. It is likely that you are aware of the imbalance and that you want to work to correct it.

Total Score 38-74

This score indicates that you are likely to have a pretty good balance in your life right now. While you may make some sacrifices here and there, overall you are pleased with your abilities to balance various activities. You may wish to increase your time spent in certain areas of your life and may be currently working to do so. You are likely to have strategically made the sacrifices which you may be making so that you can later enjoy the benefits of a well balanced life.

Total Score 0-37

The results of this assessment indicate that your life appears to be in excellent balance for you at this point in time. You are able to do most of the things that are important to you. You have found a way to make time for the activities that really matter and you do not spend a lot of time being frustrated that you cannot do these important things. You are likely to feel a sense of accomplishment and contentment with your ability to prioritize and invest your time and energy into the things that mean a lot to you right now. You are likely to be doing what you want to be doing. This is a great feeling for you and one you would like to maintain into the future.

Disclaimer: This assessment is not intended to provide a psychological or psychiatric diagnosis and your completion of the test does not indicate a professional counseling or coaching relationship with the administrators of the test.

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