

QUIZ: *Are you in the danger zone?*

*Take this FUN QUICK 7 QU quiz to see whether you are shining bright
or living on the edge of burnout*

See which answer best fits you and make a note of your answers for the end!

QU1. A friend or family member asks you to do them a favour, do you –

- A. Automatically say yes before you even think about it
- B. Say yes, because you feel guilty saying no - they need you!
- C. Let them know you'd honestly love to and will get back to them asap when you have fully considered their request
- D. Say no, you don't do favours

QU2. How much do you spend on your hair/nails/waxing each month compared with self-care ie/ massage, therapy, yoga classes, etc

- A. What's self-care?
- B. I spend more on hair/nails/waxing, but I try to get to the gym or yoga each week
- C. I spend very little on hair/nails/waxing and attend regular exercise/yoga/meditation classes as well as get bodywork/ therapy regularly or when I need to.
- D. I'm all IN ...boot camp, running, kick boxing, massage, hair, nails, waxing the works, what don't I do?

QU3. Do you have pain, anxiety or depression and if so how often do you take medication?

- A. I take daily medication to manage pain, anxiety or depression
- B. I take some medication when I feel I need to for recurring issues, but I feel I'm the one in control of it
- C. I very rarely need to take medication, perhaps occasionally for a headache if I really need to get things done.
- D. Mate, get over it and get on with it, that's my attitude.

QU4. Which of the following best describes you and your goals and dreams?

- A. I used to have dreams, but life gets in the way-I barely even know who I really am anymore I'm so busy with work/kids.
- B. I would love to be doing more with my life – I have dreams, but I don't act on them, there never seems the right time.
- C. I have goals and dreams and try to work steadily towards them, even if they feel a bit scary at times.
- D. I'm kicking my goals every day of the week...it's all about progress. It's all about ME!

QU5. Which of the following best describes how you feel about your life?

- A. I've completely lost my mojo, every day feels the same...stuck
- B. It's a pretty good life, but I just don't feel as happy or fulfilled as I should be
- C. I'm really happy with where I'm at. I'm continually growing in all sorts of ways, it's not always easy, but it's rewarding and I feel like I'm doing what I'm here for.
- D. Couldn't be better, no use complaining.

QU6. Which of these do you relate to when asked about the state of your mind?

- A. It either feels completely dull like lead or scattered in a million directions
- B. My thoughts are pretty crazy, they never seem to stop, but exercise, reading, movies things like that help distract it.
- C. My mind can be pretty busy, but I try and observe my thoughts so they don't seem so overwhelming and I find routines, nature, meditation and yoga calming
- D. Sharp as a tack, always on the go and getting stuff done, someone's got to-come ON!

QU7. How would you describe your eating habits?

- A. I just get everyone fed and that's it, don't think too much about it as it's just another thing to do
- B. I try and make sure everyone gets what they like to eat, I rarely end up with what I want
- C. I enjoy food and if I'm cooking then I'll generally prepare a healthy meal that I like, but that others won't turn down either.
- D. I'm all into raw, paleo, gluten free, organic - that other stuff's poison!

How did you go? Check out the info below based on your responses:

Mostly A's – You definitely sound like you've been struggling for some time and it's taking a toll on you physically and emotionally. When you are feeling low or overwhelmed it can be even harder to reach out, but if you don't nothing will change and it will likely get worse. You need to seek 1:1 help NOW so that your specific needs can be met, before moving to a group programme for peer support, accountability and motivation.

Mostly B's – You live to help others, but it can be at your own detriment. Consider the real reason you are a giver, does it help you feel better about yourself to be needed? What beliefs do you hold about yourself that mean others must come first? You have some awareness that life could be better, but are caught in a bit of a contentment trap. You are living with low level stress that you are not fully dealing with and over time this tends to erupt in unpleasant and often painful manifestations. NOW is the time to act on those inkling desires as well as get tools to alleviate pain and manage daily life, so that your physical and emotional health doesn't deteriorate any more from you suppressing your

true self. You would do well either with 1:1 work or a group programme, where you would get and a sense of community and realise that there are others just like you!

Mostly C's - Congratulations, you are living with awareness and have some sense of tools and strategies to help you manage the stresses of life. Ask yourself if you are completely happy with where you are at, or whether you are ready to take that next step and want to be healthier, freer and have more of an impact in the world. We reach the limit of what we can achieve by ourselves and that's when a mentor comes in handy...whether physically, emotionally, spiritually or in business...all the truly happy or successful people have at least one mentor (I personally have 3). You would make leaps and bounds with a 1:1 mentor or a group programme which would support and challenge you to step fully into your power.

Mostly D's – You feel like you have it all under control, in fact everything **MUST** be in control! By controlling your external environment, you don't have the time or the awareness to look within at what is really going on in there. You are a ticking time bomb that could go off at any moment. If you don't want to come crashing to a STOP, then consider letting some things go and looking honestly at yourself and your motivations. I know this is going to be hard for you and you're probably saying to yourself "what are you on about, I'm fine, it's everyone else that has the problem", but I'm just sayin'.....

SO WHAT NOW?

I offer a **FREE 30 min phone/skype discovery session** if you are serious about wanting something in your life to change for the better.

In this session we will :

- **Get to the root of what you need help with**
- **Give you a resource so that you can started with something right away**
- **Together decide if we are a good fit to work together and if so the best way forward.**

CALL ME **NOW** TO ARRANGE YOUR FREE DISCOVERY CALL

BEKS 0468 832 193



Zen Physi-Yoga
Conscious Health

