

## Lifestyle Survey

The following survey is designed to help clarify exactly where you are on critical time, life, health, and executive leadership style factors that are known to impact executive work effectiveness.

Please keep in mind that all of this information is Confidential. But, like a world-class athlete, the more we know about these questions below, the more we can help you fine-tune your leadership success.

## Fine Tuning Overview

1. What time do you usually go to bed every night?
2. What time do you usually wake up every morning?
3. Do you have difficulty sleeping? Y N
4. Do you get regular physical check-ups? Y N
5. Do you smoke? Y N  
If yes, how much per day?
6. Do you drink alcohol? Y N  
If yes, how much per day?
7. Do you have an activity you enjoy (e.g. golf, tennis, collecting)? Y N  
If yes, what is it?  
How often do you engage in this activity?
8. Do you have friends that you spend time with? Y N  
If yes, how often?
9. Does your spouse/significant other complain about spending enough time together? Y N
10. Do you feel guilty about the amount of time you spend with your children or family? Y N
11. Do you take vacations? Y N  
If yes, how often?
12. Have you ever canceled a vacation because of work obligations? Y N

- |     |   |   |   |
|-----|---|---|---|
| 13. | Do you have a written plan for your career goals?                                   | Y | N |
| 14. | Do you have a written plan for your financial goals?                                | Y | N |
| 15. | Do you have a written plan for your life goals?                                     | Y | N |
| 16. | Do you engage in any spiritual life and / or do you belong to a church?             | Y | N |
| 17. | Are you currently taking prescription or over the counter drugs on a regular basis? | Y | N |

If yes, what types?

18. Do you have any current health concerns? Please check all that apply:

- |                        |                        |                    |
|------------------------|------------------------|--------------------|
| - Allergies            | - Heart Disease        | - Teeth Grinding   |
| - Arthritis            | - Hypertension         | - Weight Gain/Loss |
| - Asthma               | - Muscle Tension       | - Other (Specify)  |
| - Diabetes             | - Nightmares           |                    |
| - Headaches            | - Skin Rashes          |                    |
| - Hearing Difficulties | - Stomach Difficulties |                    |

	<u>Seldom</u>				<u>Always</u>
19. Do you eat breakfast?	1	2	3	4	5
20. Do you eat lunch?	1	2	3	4	5
21. Do you exercise or get 30 minutes of movement daily?	1	2	3	4	5
22. Do you take vitamins?	1	2	3	4	5
23. Do you watch the daily news?	1	2	3	4	5
24. Do you read the daily paper?	1	2	3	4	5
25. Do you engage in a daily relaxation exercise, such as meditation, yoga, tai chi etc.?	1	2	3	4	5

**The people who know me best would say that I am:**

	<u>Seldom</u>					<u>Always</u>
• Stressed	1	2	3	4	5	
• Accident prone	1	2	3	4	5	
• Irritable	1	2	3	4	5	
• Forgetful	1	2	3	4	5	
• Isolated	1	2	3	4	5	
• Always working	1	2	3	4	5	
• A “worry wart”	1	2	3	4	5	
• Full of joy	1	2	3	4	5	
• Able to listen to their concerns	1	2	3	4	5	
• Participating in life to the fullest	1	2	3	4	5	
• Enthusiastic about my work	1	2	3	4	5	
• Enthusiastic about my family	1	2	3	4	5	
• Always tired	1	2	3	4	5	
• Comfortable with where I am in life	1	2	3	4	5	
• Spiritually fulfilled	1	2	3	4	5	
• Happy with my appearance	1	2	3	4	5	
• Efficient time manager	1	2	3	4	5	
• Able to laugh easily	1	2	3	4	5	
• Gentle with myself	1	2	3	4	5	

	<u>Seldom</u>				<u>Always</u>
• Good at saying “no”	1	2	3	4	5
• Always in a hurry	1	2	3	4	5
• Take time to think/reflect	1	2	3	4	5
• A good communicator	1	2	3	4	5
• Productive at work	1	2	3	4	5
• Fully present at home (e.g. leave work at the office)	1	2	3	4	5
• Drives self and others to accomplish goals NOW	1	2	3	4	5
• Competitive in most activities	1	2	3	4	5
• Intensely driven to win at all costs	1	2	3	4	5
• Inclined to dominate social/business situations	1	2	3	4	5
• Too direct and/or overbearing	1	2	3	4	5
• Irritated by the acts of others when they don’t do things correctly	1	2	3	4	5
• Perpetually impatient with waiting, delays and interruptions	1	2	3	4	5
• Antsy, has difficulty sitting and doing “nothing”	1	2	3	4	5
• Hostile, angry or intense	1	2	3	4	5
• Forceful in language use (frequently use obscenities)	1	2	3	4	5