

## **The Spectra Life Review**

Complete the questionnaire to identify what you need to change or achieve to have a happier, more fulfilled and balanced life?

The life review covers seven zones of personal wellbeing:

1. **Spiritual and Emotional Wellbeing**
2. **Physical Wellbeing**
3. **Social Wellbeing and Relationships**
4. **Mental and intellectual Wellbeing**
5. **Financial Wellbeing**
6. **Talent**
7. **Leisure, Fun and Relaxation**

## 1. Emotional and Spiritual Wellbeing

Consider the statements and tick any of the symptoms that are true for you and then summarise the changes you want to make to your emotional and spiritual wellbeing:

- I do not know what I want out of life
- I feel more down than up most of the time
- I often feel discontent
- I often feel there must be more to life than I am getting
- I feel trapped by circumstances
- I often feel like a failure
- I often feel bored and fed up
- I am always in a hurry and never have enough time
- I often become angry and frustrated
- I am not satisfied with my personal life balance
- I regularly get irritated by people and things
- I have too many problems to deal with and I feel overwhelmed
- I often feel 'low'
- I spend a lot of time dealing with hassles
- I have low self belief
- I worry about things too much
- I do not feel personally fulfilled
- I have low self esteem
- I find it hard to express my true self
- I have low self confidence
- I am scared of life
- I am frightened of taking risks and this holds me back

- I feel guilty about some of my actions and this is holding me back
- I regret things I did in the past & this is stopping me from moving on
- I set too high a standard for myself and it is hard to reach
- I do not listen to my inner wisdom
- I have low self respect and this is holding me back
- I lack self confidence and this is holding me back
- I am trapped by things that happened in my past
- I have phobias that hold me back
- I have fears that hold me back
- I am scared of taking risks

What personal changes do you need to make to your emotional and spiritual wellbeing?

## Physical Wellbeing

- I lack energy and feel tired most of the time
- I do not feel fit
- I do not exercise enough
- I do not like exercise
- I am self conscious about my body
- I do not sleep well
- I am too sedentary
- I do not get enough sleep
- I sleep too much
- I regularly get minor ailments
- I am not looking after my physical health
- I do not go to the dentist
- I eat too much
- I eat the wrong types of food
- I drink too much
- I am too dependent on drugs
- I don't get enough exercise
- I am overweight
- I am underweight
- I am not happy with how I look
- I do not like my image and style
- I am not confident about my appearance
- I would like to change aspects of my appearance
- I have physical phobias that I want to overcome
- I would like to improve my physical wellbeing but need help

What personal changes do you need to make to your physical wellbeing?

## Personal Relationships and Social Wellbeing

- I depend on other people too much
- Other people depend on me too much
- I always fall for the wrong people
- I would like to meet a partner
- I am in an unhappy relationship
- I have no children and this is making me very unhappy
- I am having difficulty coping with my children
- I am in a good relationship but it needs some attention
- I feel unloved
- I feel lonely
- I expect too much from my partner
- I am always nagging people
- I need to spend more time with my family
- I need to spend more time with my partner
- I need to spend more time with my friends
- I need to get out more and do some socialising
- I neglect the people that matter to me
- I spend too much time and energy on the wrong people
- I spend too much time socialising
- I only enjoy socialising if I have had a few drinks
- I only enjoy socialising if I have taken recreational drugs
- I am neglected or abused by the people that matter to me
- I try to please people too much
- I am easily influenced by other people
- I think other people are better than me
- I find it hard to say no when people ask me to do things for them
- I am too critical of others

I am shy and this stops me from meeting people

I am not assertive and people walk all over me

I would like to improve my relationships & social life

What personal changes do you need to make to your relationships and social wellbeing?

## Mental and Intellectual Wellbeing

- I seldom accomplish the goals I set myself
- I am not organised
- I find it hard to make decisions
- I let other people make decisions for me
- I waste too much time
- I lack willpower
- I give in too easily
- I have too many negative thoughts
- I am cynical much of the time
- I am a pessimist much of the time
- I am too critical of myself
- I have more negative thoughts than positive ones
- I am not using my brain enough
- I am not using my creativity enough
- I find it difficult to remember things
- I think about negative things too much of the time
- I find exams really difficult
- I do not think things through enough
- I do not have a good memory
- I let my heart rule my head
- I do not read very well and this is holding me back
- I am not very good at maths and this is holding me back

## Financial Wellbeing

- I feel financially insecure
- I do not know what I am worth
- I do not have enough savings
- I spend too much
- I need to earn more
- I have more money than I need
- I would like to give more to good causes
- I have more debts than I can cope with
- I do not manage money well
- I do not know how to budget
- I am a shopping addict
- I spend more when I am fed up and then get more fed up
- I have a bad credit rating
- I would like to buy a house but cannot afford it
- I lend money to people unwisely
- I borrow money from other people unwisely
- I am on benefits but would prefer not to be
- I need more money than I earn to pay for my addictions
- I am addicted to gambling and want to change
- I steal money and goods from other people and want to change
- I do not have enough insurance

## Talent Management

- I have the determination and willpower to succeed
- I do not know my strengths and potential
- I do not know my weaknesses
- I am not working the right number of hours to achieve a good life
- I do not have a career plan
- I do not have a job I enjoy
- I am not using my skills to full potential
- I am not developing new skills
- I do not know how to maximise my potential
- I am not using my talents and this is making me feel unfulfilled
- I do not have the determination and motivation to succeed in my work
- I do not have enough qualifications/experience to achieve my career goals
- I do not have a CV/brochure that captures my strengths and abilities
- I do not earn enough money to meet my needs
- I do not know what I am worth in the job market
- I do not earn what I am worth

## Leisure, Fun and Relaxation

- I do not spend enough time relaxing
- I do not have enough energy
- I feel tired all the time
- I do not sleep well
- I do not spend enough time outdoors
- I feel guilty relaxing
- I do not have enough humour and fun in my life
- I am stressed and overworked
- I am always in a hurry
- I do not take regular holidays
- I do not spend enough time being entertained
- I do not spend enough time pursuing my leisure activities and interests
- I work too hard
- I do not have enough energy to do the things I want to do
- I do not have a good relationship with my partner
- I do not spend enough time having fun with the people who matter to me
- I do not spend enough time alone
- I do not have enough adventure in my life
- I do not get enough pampering
- I feel bored
- I cannot afford to do the things I want to do in my leisure time
- I do not have enough leisure time