

Spectra Green Leisure, Fun and Relaxation Questionnaire			
	Identifying Development Needs	True	False
1	I know what I want out of life		
2	I take time to plan and think		
3	I know how to get what I want from life		
4	I am good at setting myself challenging goals		
5	I am balancing my life and work		
6	I manage my time well		
7	I spend enough time doing the things I enjoy		
8	I am good at prioritising		
9	I have enough fun and relaxation in my life		
10	I have the determination and willpower to succeed		
	Total		
	<b>My Personal Development Needs</b>		