

Quiz

Please indicate if the following statements are True or False:

- _____ 1. One in three golf professionals have admitted to hiding their true feelings behind a fake smile.
- _____ 2. Men and women experience similar challenges with mental health, but men react differently than women.
- _____ 3. You respond the same way to your emotional pain as your physical pain.
- _____ 4. You find it difficult to reach out for help.
- _____ 5. You will perform better under moderate levels of stress rather than no stress at all.
- _____ 6. You are currently leading a life of balance.
- _____ 7. You were born resilient.
- _____ 8. Hope requires action.



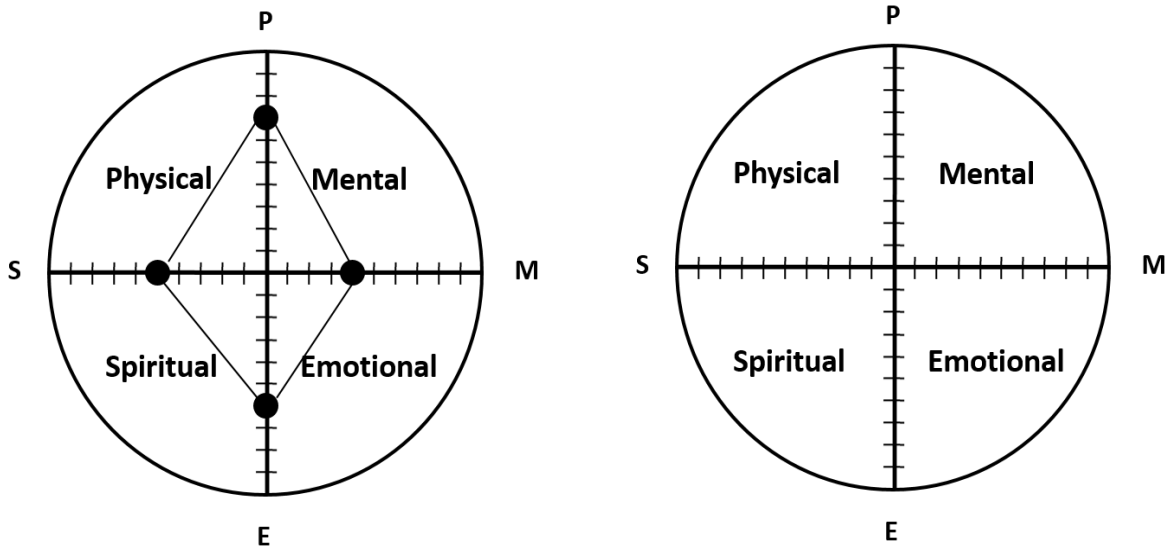
There's a good chance that someone needs to hear your story as much as your soul needs to express it. Sharing your story provides others with the comfort that they are not alone. Talking about your failures, pain, and triumphs speaks to what it means to be human.

Balance Wheel

Based on our discussion, rate each of the four areas on a scale between 1 and 10, with 10 being the most satisfied.

Physical	1	2	3	4	5	6	7	8	9	10
Mental	1	2	3	4	5	6	7	8	9	10
Emotional	1	2	3	4	5	6	7	8	9	10
Spiritual	1	2	3	4	5	6	7	8	9	10

The diagram below on the left serves as an example. Based on the numbers above, chart your answers onto the blank diagram on the right and place a dot on the appropriate line in each area. Once completed, connect the dots.



Which area would you like to change the most? Why? _____

How would this cause your life to be different? _____

Living Your Priorities

1. Identify your priorities. (i.e. work, family, recreation, caring for a parent, etc.)

⇒

⇒

⇒

⇒

2. On the chart below identify where you are **currently** spending your time and energy.

Priorities	Current % of Daily Energy

Total = 100%

IDENTIFY YOUR NON-NEGOTIABLES

3. On the chart below identify where you **want** to spend your time and energy.

Priorities	Ideal % of Daily Energy

Total = 100%

4. What changes do you need to make so that you have time and energy to **live your priorities**?

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Bonus Material

