

## BRILLIANT BALANCE ASSESSMENT

Rate yourself on a 1-5 scale.  
1 = I disagree or this does not describe me at all. 5 = I agree / this describes me well.  
Add total score for each category separately.

### CONTRIBUTE

- 1) I know my purpose in life and am working to fulfill it.
- 2) The work I do uses my natural gifts and talents.
- 3) My work is in service to someone or something I care about.
- 4) I feel a sense of drive and ambition that propels me forward.
- 5) I feel well compensated for my work.
- 6) My work sometimes feels like play

TOTAL

### CONNECT

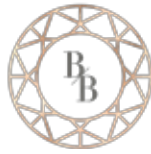
- 1) I have at least three good conversations a day with someone who listens.
- 2) I feel like I am part of a community where I can really be myself.
- 3) I have at least one close confidante in my life who really "gets" me.
- 4) My friends and family support my goals and dreams.
- 5) I regularly feel seen, heard, and understood.
- 6) My relationships have a good balance of give and take.

TOTAL

### CURATE

- 1) I have time for myself on most days.
- 2) I protect white space on my calendar.
- 3) I am comfortable saying no to people.
- 4) I regularly sleep 7+ hours a night.
- 5) I have hobbies or leisure activities that I make time for.
- 6) I intentionally plan my work so I stay in control of where my time goes.

TOTAL



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### SCORING AND INDICATED ACTIONS

For each category, add the line item scores to get a subtotal between 6 and 36.

< 12	Alarm bells should be going off. This area needs attention STAT or you will suffer.
12 - 17	This is reaching a danger zone. Make changes here a priority - you probably already feel the need to.
18 - 23	You may not notice it yet, but there are cracks in the foundation. Make sure you like the direction you're heading here.
24+	Good work! You may even be able to steal a little from this area to invest in the others.