



# Your Work-Life Balance Report

Prepared for enquiries@karmacise.com by [www.Authentic-Happiness.com](http://www.Authentic-Happiness.com)

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*This is your life, live your dream now*

## YOUR WORK-LIFE BALANCE REPORT - - - - - x

Congratulations for completing the Work-Life Balance questionnaire. Your inputs have been analyzed, benchmarked and compiled to give you a most accurate report of your score. The report is broken down into six sections:

- ▶ 1. Your overall Work-Life Balance Score relative to low, high scores and average;
- ▶ 2. How does your score compare to the scores of other respondents?
- ▶ 3. Your long-term versus short-term focus;
- ▶ 4. Your overall strengths and weaknesses, broken down into five character traits;
- ▶ 5. Your Work-Life Balance Score compared to the score of other men;
- ▶ 6. The evolution of your Life Satisfaction Score over time;
- ▶ 7. 2 individual recommendations to improve your personal score.

The data points used for a relative comparison of your score are based on 200,000 data points collected between 2015 and 2019.

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“

A full life consists in experiencing positive emotions about the past and future, savoring positive feelings from pleasures, deriving abundant gratification from your signature strengths, and using these strengths in the service of something larger to obtain meaning.

- Prof. Seligman

”

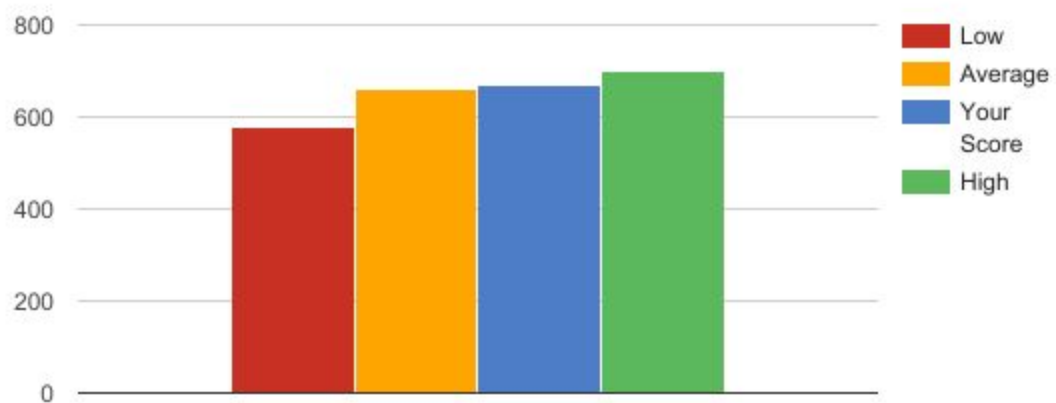


## 1. Your Work-Life Balance Score is 671

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This score reflects how well you shape your lifestyle and habits and behaviors to balance your life priorities:

- ▶ **A low score** is typically below 580;
- ▶ **The average score** from all respondents is around 660;
- ▶ **An excellent score** is above 700.

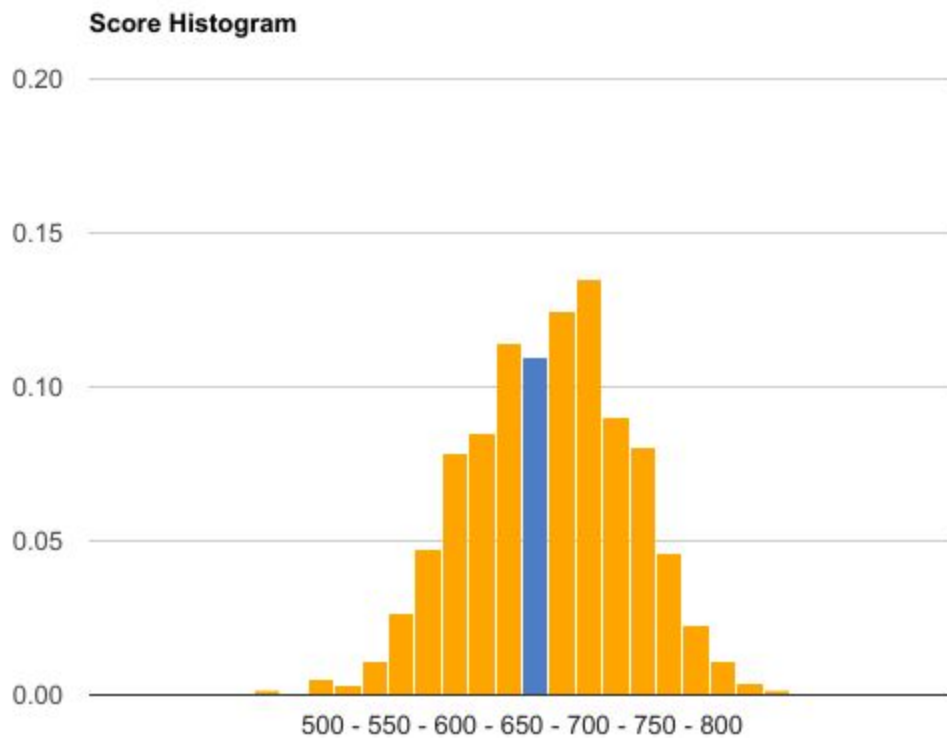


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## 2. How does a score of 671 compare to other scores? - - - - - x

The graph below shows the histogram of your score: each bar represents the percentage of scores in each interval.

Your score falls in the interval highlighted in **blue**.



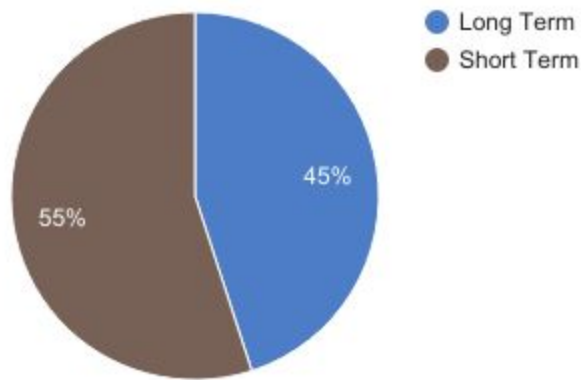
Your score is in the **48th percentile**, meaning that it is higher than 48% of all other scores.

### 3. Your Long-Term Focus is 45 %



This value indicates your inclination to look for **longer-term well-being** versus **instant life gratification**:

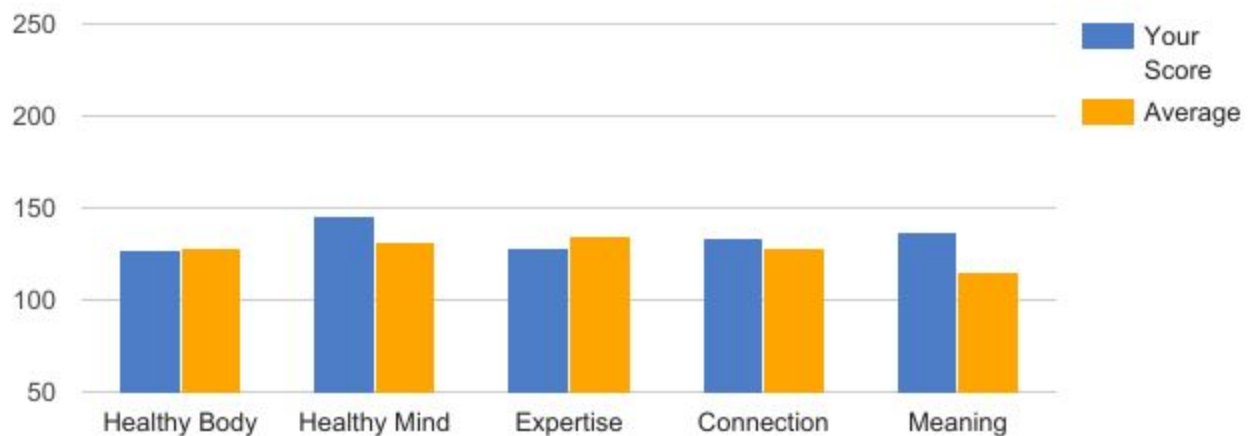
- ▶ **A score higher than 50%** indicates your tendency to focus on longer-term life satisfaction such as: your life vision, your sense of achievements, meaning versus instant gratification;
- ▶ **On the opposite, a score lower than 50%** indicates that you largely derive satisfaction from everyday's habits and activities such as: good sleep, regular walk and other shorter-term life pleasure; spending time with friends; the ability to relax in the 'now', or practice mindful meditation.



## 4. Your Overall Strengths and Weaknesses - - - - - x

Your Work-Life Balance Score is calculated as the sum of five personal traits:

- 1. Health & Fitness**, reflecting your physical well-being and healthy habits;
- 2. Positive Emotions & Gratitude**, indicating how well you embrace positive emotions;
- 3. Skills & Expertise**, measuring the ability to grow your expertise to achieve something unique;
- 4. Social Skills & Discovery**, assessing your social skills and inclination to discover the world;
- 5. Leadership & Meaning**, evaluating how meaningful and passionate your life is.



“In the depth of winter, I finally learned that within me there lay an invincible summer.” - Albert Camus





## What are your key Strengths and Weaknesses ?

### **PHYSICAL HEALTH**

1. In the wellness area, one of your key strengths is your discipline to sleep well every night.

In order to further improve your wellness score, you should try to reduce your Body Mass Index (BMI) ratio.

### **EMOTIONAL HEALTH**

2. Staying positive and monitoring your emotions: your strength is to generate a sufficient income.

Your positive emotions would be even stronger everyday if you had the opportunity to learn to better 'Monitor Your Stress Level', a [www.Authentic-Happiness.com](http://www.Authentic-Happiness.com) learning module..

### **EXPERTISE**

3. In terms of developing your personal skills, your strength is clearly to fully concentrate on your tasks.

To further improve further in this area, try to achieve remarkable milestones or personal successes, which you will remember for the rest of your life.

### **CONNECTION**

4. To make the best use of your vacation time, is not a problem for you.

To further improve your social score, you should make more effort to to build stronger ties to your family and friends.

### **PURPOSE**

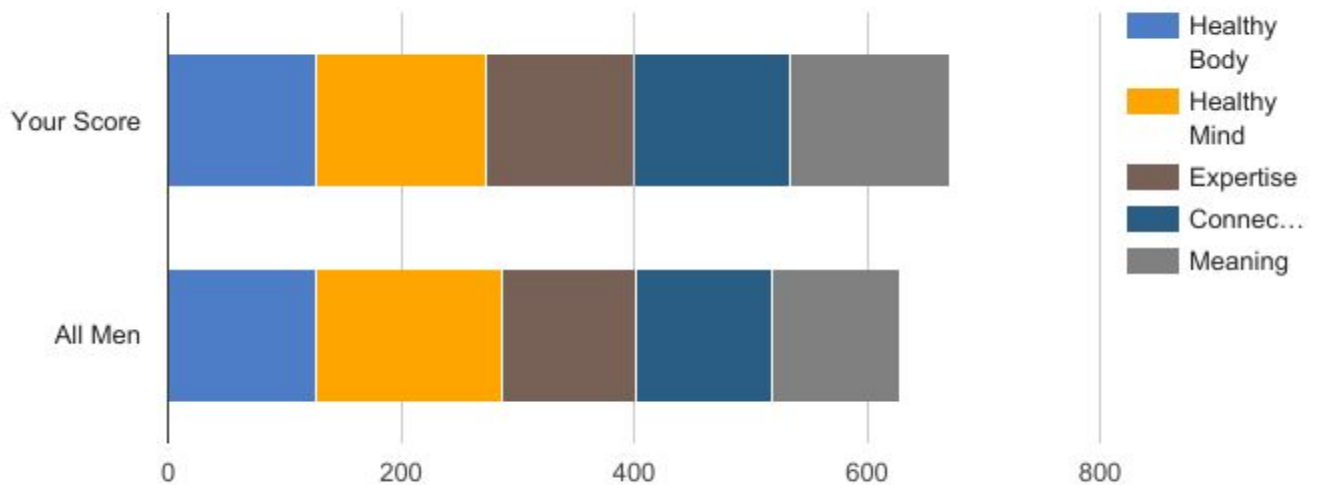
5. For you, meaning and leadership mean to help people in need and make a difference and this is one of your personal strengths.

You will find more meaning in life if you find new ways to better define your true passion and spend lot's of time doing what you enjoy.





## 5. Your Work-Life Balance Score Compared to Other Men - - - x



The first stacked bar illustrates your Work-Life Balance Score broken down into your 5 personal traits. The next bar represents the average score of all men who responded to the survey:

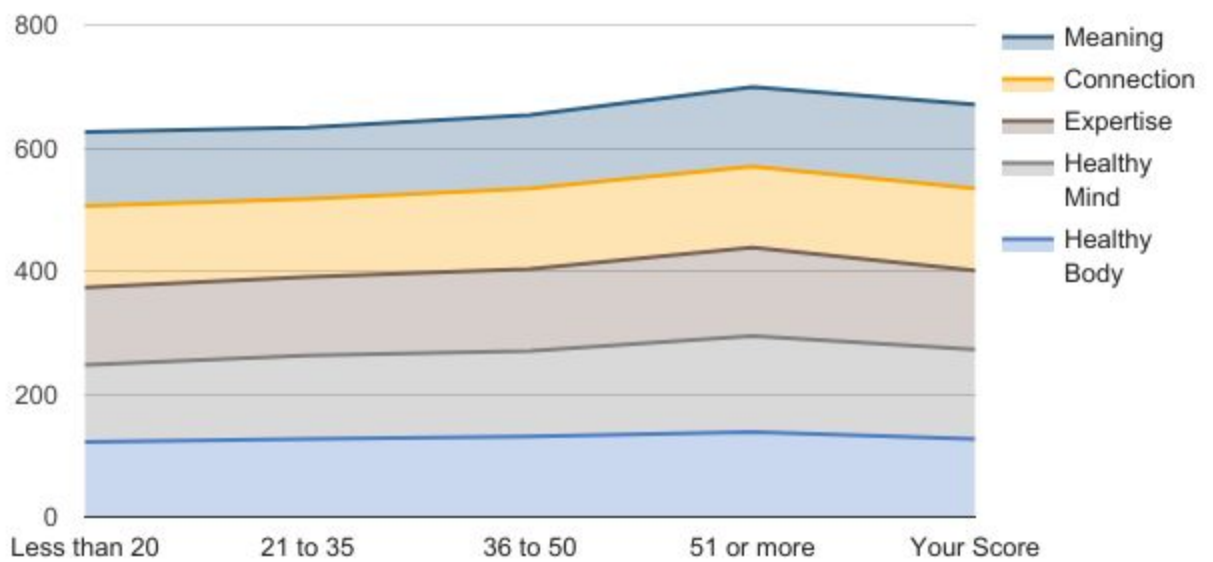
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## 6. The Evolution of Your Work-Life Balance Score Over Time- - - - -x

The next chart represents the likely evolution of your Work-Life Balance over time:

► From early childhood until 50 : the four data points from the left represent the evolution of all respondent scores in the respective age groups;

► Your Score: the data point on the right is your Work-Life Balance Score, adding up to 671.



## 7. The Next 2 Habits Will Improve Your Work-Life Balance - - - - x

So what? It is nice to gain new insights into your relative strengths and weaknesses, but how will this help you improve your life?

The following 2 recommendations have been selected to address specific areas for improvement. Please consider them carefully, they are grounded in facts and studies and, as you make them part of your weekly routine, will result in measurable improvement of your Work-Life Balance Score:

Your  
top 2

- ▶ Add the next Your top 2 habits to your calendar and try them out;
- ▶ Once tested, turn your new habits into a weekly routine;
- ▶ Stay focused and disciplined, document your progress in a personal journal;
- ▶ Monitor your weekly progress, celebrate small successes;
- ▶ Re-check your Work-Life Balance Score after one month;
- ▶ Do not give up after a week, you will get amazing results.

**Not convinced?** Explore the Your top 2 new habits over the next three weeks; reshape your life one step at a time, you have nothing to lose, only more life satisfaction to gain!



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## 2 individual recommendations

### New Habit #1: watch your weight and Body Mass Index (BMI).

*It reflects a lack of physical activity and will affect your overall health.*

#### FACTS & STUDIES:

- ▶ Evidence presented in a study from Cook and Chater from UCL in 2010 suggests that happiness and high self-efficacy beliefs can significantly enhance health protective behaviours;
- ▶ Even though weight only has an indirect impact, the respondents who express higher levels of happiness, also exhibited higher levels of self efficacy and had a lower BMI.

#### FIND OUT MORE:

- ▶ Lowering your BMI is not about going on a diet but rather about finding the right balance between healthy nutrition and daily physical activities;
- ▶ Check the 'Live Longer', 'Eat Healthy' and 'Active Lifestyle' free learning modules from [www.Authentic-Happiness.com](http://www.Authentic-Happiness.com).

### New Habit #2: stay close to your friends, there are the real wealth of your life.

*How much quality time do you spend with your family & friends vs at work?*

#### FACTS & STUDIES:

- ▶ 67% is the ratio of respondents who said they would prefer a four-day workweek, according to a 2013 research study conducted by LearnVest. The author argue that spending less time at work means having more time to devote to the activities that really make you happy. You can hang out more with your family and friends, participate in your hobbies, get more exercise and sleep;
- ▶ 32% is the percentage of respondents who rated themselves as very close to up to 3 people (a [www.Authentic-Happiness.com](http://www.Authentic-Happiness.com) 2014 survey);
- ▶ This result echoes a recent comprehensive study by scientists at Duke University, who have observed a sharp decline in social connectedness over the past 20 years (see article from Stephen Ilardi, Ph.D. in *The Depression Cure* in [www.psychologytoday.com](http://www.psychologytoday.com)). In many cases, social isolation increases the feelings of loneliness and depression;
- ▶ Men in a happy marriage also report the best health according to a Harvard study of 724 50-year-old men (*Time* magazine).

FIND OUT MORE:

► Additional studies on relationship & happiness as well as key actions and templates for creating a happier local community can be found in [www.Authentic-Happiness.com](http://www.Authentic-Happiness.com).

**1. LIFE IS FUN, MAKE IT LAST:** SLEEP WELL, SAVOR HEALTHY MEALS, STAY ACTIVE. **2. EMOTIONS ARE BEAUTIFUL,** EMBRACE THEM EVERYDAY: DISCOVER YOURSELF, EXPERIENCE LIFE, BE GRATEFUL.

**3. YOUR TALENT**  **IS A GIFT,** MAKE USE OF IT, BECOME AN EXPERT: UNCOVER WHAT YOU LOVE, HONE YOUR SKILLS, CREATE SOMETHING *UNIQUE*.

**4. LIFE IS AN ADVENTURE,** GO OUT, DISCOVER THE WORLD: TRAVEL OFTEN, MEET NEW PEOPLE, OPEN YOUR MIND & YOUR HEART. **5. THIS IS YOUR LIFE, LIVE YOUR DREAM NOW:** SEIZE NEW OPPORTUNITIES, LEAD A MEANINGFUL LIFE, SHARE YOUR PASSION!

## In Summary - - - - - x

**Today, January 20 2019 (GMT), your Work-Life Balance Score is 671:**

It is in the 48th percentile of all scores, meaning that it is higher than 48% of all other scores. Your long-term focus on your Life Vision, Meaning or Passion (versus short-term gratifications), is 45%. Your Life Satisfaction Score evolves with your age.

Dr. Seligman's formula for an enduring level of balanced life satisfaction consists of the following three elements:

- ▶ **1. The set point**, or biologically predetermined range of emotionality; what we are made of and can not change. This accounts for up to 50% of your happiness level;
- ▶ **2. The circumstances of our life**, contributing to 10%. As much as we cannot change circumstances, we can change the way we deal with them;
- ▶ **3. Our voluntary efforts** to lead a more meaningful and fulfilling life. This is what Authentic Happiness is about. For you, it means shaping your life with the following 2 individual recommendations:

New Habit #1: watch your weight and Body Mass Index (BMI).

New Habit #2: stay close to your friends, there are the real wealth of your life..



**Take the next step in rebalancing your life.**  
Learn the mechanisms behind our well-being and discover a step-by-step guidance to optimize your work, relationships, health, and more.

**[Get the 360 Living guide](#)**

**“ A STUNNINGLY beautiful discussion on happiness  
and how to achieve it.**

**A MUST READ! ”**

**- USA Today Bestselling Author Lauren Smith**

*Disclaimer: the recommendations, ideas and models contained in the Life Satisfaction report and learning modules do not provide medical advice. It is intended for general informational purposes only and does not address individual circumstances. It is not a substitute for professional medical advice, diagnosis or treatment and should not be relied on to make decisions about your health and fitness. You can access our Term of Service by clicking on this [link](#).*