

WELLNESS SURVEY RESULTS

For: James Testing - Based on Input dated 4-Mar-2020

Greetings James,

Page one of this report compares your input to benchmark data (BM) we collected from people who, in our opinion excel in each category. The highlighted (Gap%) reflect how your input is better or below the BM. Since you are unique, we encourage you to examine these results and set your own personal improvement goals. Select few statements that you feel deserve your greatest attention and commit to a personal improvement plan.

LEGEND

Gap%	Notes
>0%	Good condition, keep it up
-10% to 0%	Have room for improvement
-25% to -10%	Needs Attention
<-25%	Warning

SURVEY STATEMENT	Input	BM	Gap%
1. I spend at least 150 minutes a week in physical activities.	1	3.91	-74.0%
2. I regularly sleep 7-8 hours a day and awaken refreshed.	3	3.09	-3.0%
3. I eat 7 servings of fresh fruits/vegetables daily and avoid sugar/sweetener.	4	3.09	29.0%
4. I am very happy with my weight, appearance and fitness.	3	3.82	-21.0%
5. My joints are flexible, my posture and balance are good.	3	3.64	-18.0%
6. I can do more than 40 push-ups in one session.	1	3.82	-74.0%
AVERAGE Physical Wellness	2.8	3.56	-21.0%
7. I love myself and feel loved by others.	4	4.17	-4.0%
8. Usually, I am cheerful/joyful and laugh easily.	2	4.17	-52.0%
9. I am feeling peaceful, thankful and hopeful.	5	4.17	20.0%
10. I have good family relationships and close friends that I can count on.	4	4.83	-17.0%
11. I feel confident and useful.	3	4.33	-31.0%
12. At this season in my life, I am in my best possible emotional condition.	3	4.33	-31.0%
AVERAGE Emotional Wellness	3.5	4.33	-19.0%
13. I have a deep sense of meaning and life purpose.	3	4.47	-33.0%
14. I spend at least 12 minutes a day in meditation and prayer.	2	4.59	-56.0%
15. I participate happily in weekly gatherings with my faith community.	5	4.59	9.0%
16. I prioritize God and others as I spend and invest my money, time and talents.	3	4.35	-31.0%
17. When I die, I know I will go to heaven.	5	4.76	5.0%
18. I experience love, joy and peace in an intimate relationship with God.	2	4.65	-57.0%
AVERAGE Spiritual Wellness	3.33	4.57	-27.0%
19. I love my work and enjoy my responsibilities.	4	4.5	-11.0%
20. I am appreciated by my leaders and others.	3	4.36	-31.0%
21. I am well compensated for the work I do.	2	4	-50.0%
22. I have a good long term financial plan.	1	4.29	-77.0%
23. I have the work-life balance I desire for myself and family.	3	3.79	-21.0%
24. Compared to others in my community, I am very content.	4	4.43	-10.0%
AVERAGE Work Life Balance	2.83	4.23	-33.0%
SUMMARY OF ALL CATEGORIES ABOVE	3.04	4.17	-27.0%

WELLNESS SURVEY RESULTS

For a continuous improvement strategy, we encourage you to examine the category scores. Set your own category improvement targets. Examine the tips and links provided. Note ideas you wish to apply. Since change is often challenging, share your report, thoughts, and feelings with a friend, coach or a leader who can support you in making your desired change.

ABOUT YOUR PHYSICAL WELLNESS:

Average score	Average Benchmark	Gap%	Your new target & Notes
2.8	3.56	-21.0%	

To enhance your physical wellness consider the following tips:

- Look for opportunities to move as often as possible.
- No electronics ½ hour before bed and exclude from the bedroom.
- Choose whole food - plant based foods - whenever possible.
- Avoid added sugars – NO POP.
- Create a routine of stretching and strengthening every day – at least 7 minutes.
- Set measurable goals. Compete with someone else for accountability!

ABOUT YOUR EMOTIONAL WELLNESS:

Average score	Average Benchmark	Gap%	Your new target & Notes
3.5	4.33	-19.0%	

To enhance your emotional wellness consider the following tips:

- Invest in relationships that energize you.
- Invest time in personal activities that energize you.
- [Define and confront your fears.](#)
- [Think before you speak.](#)
- [Discover your love language.](#)
- [Increase your emotional intelligence.](#)

ABOUT YOUR SPIRITUAL WELLNESS:

Average score	Average Benchmark	Gap%	Your new target & Notes
3.33	4.57	-27.0%	

To enhance your spiritual wellness consider the following tips:

- Develop a life purpose to improve your quality of life.
- Pray and meditate for at least 12 minutes a day.
- Invest in a healthy faith community.
- Be careful of having “too little or too much” money.
- Your talent is God’s gift to you; what you do is your gift to God.
- God has made you for Himself; take time to rest in Him.

ABOUT YOUR WORKLIFE BALANCE:

Average score	Average Benchmark	Gap%	Your new target & Notes
2.83	4.23	-33.0%	

To enhance your work life balance consider the following tips:

- [Look for tips in the book, Life Plans, Build a Better Future.](#)
- [Define roles that energize you and focus on them.](#)
- [Consider the Work Life Balance Seminar: https://nomoreoverload.com/home/wlb/](https://nomoreoverload.com/home/wlb/)
- [Consider the Sweet Spot Seminar: https://nomoreoverload.com/home/yss/](https://nomoreoverload.com/home/yss/)
- [Consider the Strengths Self-study Course: https://nomoreoverload.com/home/lvs/](https://nomoreoverload.com/home/lvs/)
- [Consider the Wellness Seminar: https://wg.nomoreoverload.com/](https://wg.nomoreoverload.com/)