

The 'Busyness' Scale

Making change doesn't have to be all about giving things up, regrets and caffeine by the bucketload. But the only way things will be different is if you first recognise where you're at, right here and now. It's time to look at the hard questions and acknowledge what's really going on. Where are you at? (Mark it on the continuums)

How often do you take time out to hit the reset button for yourself?



Do the people closest to you know what your 'no-go' zones are?



If someone asks what your strengths are, what is your response?



Do you know the things that really, truly matter to you?



How comfortable are you with failure?



Do you have people around you who both challenge and back you?

