



# Build a Bridge - Live Your Best Life - Sustainable Practices Audit

Please circle the statements below that are true for you.

1

## Body

- I don't regularly get at least seven hours of sleep, and I often wake up feeling tired.
- I frequently skip breakfast, or I settle for something that isn't nutritious.
- I don't work out enough (meaning cardiovascular training at least three times a week and strength training at least twice a week).
- I don't take regular breaks during the day to truly renew and recharge, or I often eat lunch at my desk, if I eat it at all.

2

## Emotions

- I frequently find myself feeling irritable, impatient, or anxious at work, especially when work is demanding.
- I don't have enough time with my family and loved ones, and when I'm with them, I'm not always really **with** them.
- I have too little time for the activities that I most deeply enjoy.
- I don't stop frequently enough to express my appreciation to others or to savour my accomplishments and blessings.

3

## Mind

- I have difficulty focusing on one thing at a time, and I am easily distracted during the day, especially by email.
- I spend much of my day reacting to immediate crises and demands rather than focusing on activities with longer-term value and high leverage.
- I don't take enough time for reflection, strategising, and creative thinking.
- I work in the evenings or on weekends, and I almost never take an email-free vacation.

4

## Spirit

- I don't spend enough time at work doing what I do best and enjoy most.
- There are significant gaps between what I say is most important to me in my life and how I actually allocate my time and energy.
- My decisions at work are more often influenced by external demands than by a strong, clear sense of my own purpose.
- I don't invest enough time and energy in making a positive difference to others or to the community.

**How is your overall energy?** Total number of statements circled: \_\_\_\_

**What do you specifically need to work on?** Number of circled statements in each category: \_\_\_\_

### Guide to overall scores

- 0-3: Highly sustainable overall pattern
- 4-6: Generally sustainable, with a few pressure points
- 7-10: Several unsustainable patterns to address
- 11-16: Unsustainable overall pattern; start small but act soon

### Guide to category scores

- 0: Highly sustainable practices
- 1: Mostly sustainable, with a few tweaks
- 2: Some unsustainable patterns to address
- 3: Unsustainable habits that need attention
- 4: High-risk, unsustainable pattern