

GO GREEN

A Life Reminder



A Personal Work-Life Survey - SELF	Go Green										
<p>Scale of Importance 1 Not Important 2 Slightly Important 3 Quite Important 4 Extremely Important</p> <p>Scale of Agreement 1 Strongly Disagree 2 Disagree 3 Neutral 4 Agree 5 Strongly Agree</p>	<table border="1" style="margin: auto; border-collapse: collapse;"> <thead> <tr> <th style="padding: 2px;">Score</th> <th style="padding: 2px;">Sponges</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px;">0-8</td> <td style="padding: 2px;">0</td> </tr> <tr> <td style="padding: 2px;">9-14</td> <td style="padding: 2px;">1</td> </tr> <tr> <td style="padding: 2px;">15-19</td> <td style="padding: 2px;">2</td> </tr> <tr> <td style="padding: 2px;">20</td> <td style="padding: 2px;">3</td> </tr> </tbody> </table>	Score	Sponges	0-8	0	9-14	1	15-19	2	20	3
Score	Sponges										
0-8	0										
9-14	1										
15-19	2										
20	3										
<p>1. I devote sufficient effort to my physical well-being.</p> <p>Importance 1 2 3 4</p> <p>Agreement 1 2 3 4 5</p> <p>Total _____</p>	<p>Sponges</p> <p>_____</p>										
<p>2. I have a personal hobby that provides me with adequate relaxation.</p> <p>Importance 1 2 3 4</p> <p>Agreement 1 2 3 4 5</p> <p>Total _____</p>	<p>Sponges</p> <p>_____</p>										
<p>3. I actively embrace personal growth opportunities.</p> <p>Importance 1 2 3 4</p> <p>Agreement 1 2 3 4 5</p> <p>Total _____</p>	<p>Sponges</p> <p>_____</p>										
<p>4. I actively practice a religion and/or spiritual discipline.</p> <p>Importance 1 2 3 4</p> <p>Agreement 1 2 3 4 5</p> <p>Total _____</p>	<p>Sponges</p> <p>_____</p>										
<p>5. Overall, I feel integrated and balanced in terms of body, mind and spirit.</p> <p>Importance 1 2 3 4</p> <p>Agreement 1 2 3 4 5</p> <p>Total _____</p>	<p>Sponges</p> <p>_____</p>										
<p>SELF Subtotal _____</p>	<p>Total _____</p>										

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A Personal Work-Life Survey - FAMILY	Go Green																		
<p>Scale of Importance 1 Not Important 2 Slightly Important 3 Quite Important 4 Extremely Important</p> <p>Scale of Agreement 1 Strongly Disagree 2 Disagree 3 Neutral 4 Agree 5 Strongly Agree</p>	<p style="text-align: center;">Family</p> <p>Spouse</p> <div style="display: flex; align-items: center; justify-content: center;"> <div style="width: 20px; height: 20px; background-color: green; margin-right: 5px;"></div> <div style="border-left: 1px solid black; border-right: 1px solid black; height: 20px; margin-right: 5px;"></div> <div style="margin-right: 5px;">x 1</div> </div>																		
<p>6. I experience quality relationship and communication with my spouse, partner, or significant other.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Importance</td> <td style="width: 10%;">1</td> <td style="width: 10%;">2</td> <td style="width: 10%;">3</td> <td style="width: 10%;">4</td> <td style="width: 10%;"></td> </tr> <tr> <td>Agreement</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>Total</td> <td colspan="5">_____</td> </tr> </table>	Importance	1	2	3	4		Agreement	1	2	3	4	5	Total	_____					<p>Children</p> <div style="display: flex; align-items: center; justify-content: center;"> <div style="width: 20px; height: 20px; background-color: green; margin-right: 5px;"></div> <div style="border-left: 1px solid black; border-right: 1px solid black; height: 20px; margin-right: 5px;"></div> <div style="border-left: 1px solid black; border-right: 1px solid black; height: 20px; margin-right: 5px;"></div> <div style="border-left: 1px solid black; border-right: 1px solid black; height: 20px; margin-right: 5px;"></div> <div style="margin-right: 5px;">x 1</div> </div>
Importance	1	2	3	4															
Agreement	1	2	3	4	5														
Total	_____																		
<p>7. I experience quality relationship and communication with other significant family members, (children, parents, in-laws, cousins, etc).</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Importance</td> <td style="width: 10%;">1</td> <td style="width: 10%;">2</td> <td style="width: 10%;">3</td> <td style="width: 10%;">4</td> <td style="width: 10%;"></td> </tr> <tr> <td>Agreement</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>Total</td> <td colspan="5">_____</td> </tr> </table>	Importance	1	2	3	4		Agreement	1	2	3	4	5	Total	_____					<div style="display: flex; align-items: center; justify-content: center;"> <div style="width: 20px; height: 20px; background-color: green; margin-right: 5px;"></div> <div style="border-left: 1px solid black; border-right: 1px solid black; height: 20px; margin-right: 5px;"></div> <div style="border-left: 1px solid black; border-right: 1px solid black; height: 20px; margin-right: 5px;"></div> <div style="border-left: 1px solid black; border-right: 1px solid black; height: 20px; margin-right: 5px;"></div> <div style="margin-right: 5px;">x 2</div> </div>
Importance	1	2	3	4															
Agreement	1	2	3	4	5														
Total	_____																		
<p>8. I devote sufficient quality time with my family to achieve balance with my work responsibilities.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Importance</td> <td style="width: 10%;">1</td> <td style="width: 10%;">2</td> <td style="width: 10%;">3</td> <td style="width: 10%;">4</td> <td style="width: 10%;"></td> </tr> <tr> <td>Agreement</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>Total</td> <td colspan="5">_____</td> </tr> </table>	Importance	1	2	3	4		Agreement	1	2	3	4	5	Total	_____					
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<p>9. I proactively resolve family conflicts, problems, or crises as they occur.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Importance</td> <td style="width: 10%;">1</td> <td style="width: 10%;">2</td> <td style="width: 10%;">3</td> <td style="width: 10%;">4</td> <td style="width: 10%;"></td> </tr> <tr> <td>Agreement</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>Total</td> <td colspan="5">_____</td> </tr> </table>	Importance	1	2	3	4		Agreement	1	2	3	4	5	Total	_____					
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Total	_____																		
<p>10. Overall, I am satisfied with both the time devoted to and the quality of my family (or interpersonal) relationships.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Importance</td> <td style="width: 10%;">1</td> <td style="width: 10%;">2</td> <td style="width: 10%;">3</td> <td style="width: 10%;">4</td> <td style="width: 10%;"></td> </tr> <tr> <td>Agreement</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>Total</td> <td colspan="5">_____</td> </tr> </table>	Importance	1	2	3	4		Agreement	1	2	3	4	5	Total	_____					
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<p>FAMILY Subtotal _____</p>																			

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A Personal Work-Life Survey - WORK	Go Green																		
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<p>11. My work is personally meaningful to me</p> <table style="width: 100%; border: none;"> <tr> <td style="padding: 2px;">Importance</td> <td style="padding: 2px;">1</td> <td style="padding: 2px;">2</td> <td style="padding: 2px;">3</td> <td style="padding: 2px;">4</td> <td style="padding: 2px;"></td> </tr> <tr> <td style="padding: 2px;">Agreement</td> <td style="padding: 2px;">1</td> <td style="padding: 2px;">2</td> <td style="padding: 2px;">3</td> <td style="padding: 2px;">4</td> <td style="padding: 2px;">5</td> </tr> <tr> <td style="padding: 2px;">Total</td> <td colspan="5" style="padding: 2px;">_____</td> </tr> </table>	Importance	1	2	3	4		Agreement	1	2	3	4	5	Total	_____					
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<p>12. I exercise maximum self-management in the performance of my job.</p> <table style="width: 100%; border: none;"> <tr> <td style="padding: 2px;">Importance</td> <td style="padding: 2px;">1</td> <td style="padding: 2px;">2</td> <td style="padding: 2px;">3</td> <td style="padding: 2px;">4</td> <td style="padding: 2px;"></td> </tr> <tr> <td style="padding: 2px;">Agreement</td> <td style="padding: 2px;">1</td> <td style="padding: 2px;">2</td> <td style="padding: 2px;">3</td> <td style="padding: 2px;">4</td> <td style="padding: 2px;">5</td> </tr> <tr> <td style="padding: 2px;">Total</td> <td colspan="5" style="padding: 2px;">_____</td> </tr> </table>	Importance	1	2	3	4		Agreement	1	2	3	4	5	Total	_____					
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<p>13. I am very competent for the work that I do.</p> <table style="width: 100%; border: none;"> <tr> <td style="padding: 2px;">Importance</td> <td style="padding: 2px;">1</td> <td style="padding: 2px;">2</td> <td style="padding: 2px;">3</td> <td style="padding: 2px;">4</td> <td style="padding: 2px;"></td> </tr> <tr> <td style="padding: 2px;">Agreement</td> <td style="padding: 2px;">1</td> <td style="padding: 2px;">2</td> <td style="padding: 2px;">3</td> <td style="padding: 2px;">4</td> <td style="padding: 2px;">5</td> </tr> <tr> <td style="padding: 2px;">Total</td> <td colspan="5" style="padding: 2px;">_____</td> </tr> </table>	Importance	1	2	3	4		Agreement	1	2	3	4	5	Total	_____					
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<p>14. I am creative and innovative as required by my work.</p> <table style="width: 100%; border: none;"> <tr> <td style="padding: 2px;">Importance</td> <td style="padding: 2px;">1</td> <td style="padding: 2px;">2</td> <td style="padding: 2px;">3</td> <td style="padding: 2px;">4</td> <td style="padding: 2px;"></td> </tr> <tr> <td style="padding: 2px;">Agreement</td> <td style="padding: 2px;">1</td> <td style="padding: 2px;">2</td> <td style="padding: 2px;">3</td> <td style="padding: 2px;">4</td> <td style="padding: 2px;">5</td> </tr> <tr> <td style="padding: 2px;">Total</td> <td colspan="5" style="padding: 2px;">_____</td> </tr> </table>	Importance	1	2	3	4		Agreement	1	2	3	4	5	Total	_____					<p style="text-align: center;">Score</p> <p>< 75 = 2 scoops</p> <p>≥ 75 = 3 scoops</p>
Importance	1	2	3	4															
Agreement	1	2	3	4	5														
Total	_____																		
<p>15. Overall, I am clear about my short and long-term career goals and my plan to achieve them.</p> <table style="width: 100%; border: none;"> <tr> <td style="padding: 2px;">Importance</td> <td style="padding: 2px;">1</td> <td style="padding: 2px;">2</td> <td style="padding: 2px;">3</td> <td style="padding: 2px;">4</td> <td style="padding: 2px;"></td> </tr> <tr> <td style="padding: 2px;">Agreement</td> <td style="padding: 2px;">1</td> <td style="padding: 2px;">2</td> <td style="padding: 2px;">3</td> <td style="padding: 2px;">4</td> <td style="padding: 2px;">5</td> </tr> <tr> <td style="padding: 2px;">Total</td> <td colspan="5" style="padding: 2px;">_____</td> </tr> </table>	Importance	1	2	3	4		Agreement	1	2	3	4	5	Total	_____					<p>If you work ≥ 54 hours per week, put in the rice and plastic disc first</p>
Importance	1	2	3	4															
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Score	Marbles										
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<p>16. I am aware of how I would most like to contribute to society or others, e.g. money, time, support, etc</p> <p>Importance 1 2 3 4</p> <p>Agreement 1 2 3 4 5</p> <p>Total _____</p>	Marbles _____										
<p>17. I devote sufficient time in service to others, e.g. community, religious, recreational, support, etc.</p> <p>Importance 1 2 3 4</p> <p>Agreement 1 2 3 4 5</p> <p>Total _____</p>	Marbles _____										
<p>18. I feel I make a difference in the lives of others.</p> <p>Importance 1 2 3 4</p> <p>Agreement 1 2 3 4 5</p> <p>Total _____</p>	Marbles _____										
<p>19. I contribute to societal organizations in proportion to my own monetary resources, e.g., tithing, contributions, etc.</p> <p>Importance 1 2 3 4</p> <p>Agreement 1 2 3 4 5</p> <p>Total _____</p>	Marbles _____										
<p>20. I feel a natural desire to contribute to the welfare and well-being of others.</p> <p>Importance 1 2 3 4</p> <p>Agreement 1 2 3 4 5</p> <p>Total _____</p>	Marbles _____										
<p>SERVICE Subtotal _____</p>	Total _____										

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Work-Life Survey Results

Work-Life Scores	Go Green
SELF _____	Sponges _____
FAMILY _____	Spouse Yes / No Children 0 / 1 / 2
WORK _____	Rice 2 / 3 scoops Disc Yes / No
SERVICE _____	Marbles _____
TOTAL _____	

Choose 1

1. _____ **Fantastic**
2. _____ **Great**
3. _____ **Good**
4. _____ **Holding On**
5. _____ **Miserable**