



Okay, let's see how you did. If your points totaled between:

20 – 40



Uh-oh: Looks like you're running on empty with little or no energy to get you through the day.

Unfortunately, your current habits are not supporting the energy you need to focus on your professional or your personal goals. By tweaking your habits you can begin to feel more energized, productive, and happy. You will feel less overwhelmed, exhausted, and burnt out. The good news is, it *is* possible to makeover your life at work and home without dramatically changing everything you are currently doing. You may just need a little help getting there. Don't give up, there is HOPE!

41 – 60



Seems you drive through your days with a tank half full. Your habits could definitely use some tweaking to increase your daily energy and have you feeling better.

Although you occasionally practice healthy work and life habits, you are not consistent enough to keep up with the energy demands of your busy life professionally or personally. Too often you find yourself focusing on your home life when you should be focused on work, and vice-a-versa. It seems you get done what you *have* to, but are often left worrying about unfinished tasks, and feeling tired and cranky. You'll probably need to invest some time, energy and probably some money to get there, but it will be well worth the investment because the results will be a business and personal life that feels successful and fun!

61 – 80



Most of the times you are rearing to go, but occasionally you hit the wall.

Your daily habits aren't bad, however, deep down you know it could be better. You're getting through your days accomplishing a lot, but you know you're capable of so much more. You may even feel a sense of all is OK, but it seems like it should be possible to excel. The good news is, you can. With a little effort and help, you could soar through your days amazing everyone with your accomplishments and vitality, especially yourself. Imagine how great that would feel?

81 – 100



Congratulations! You function at peak performance, and your business, body and life show it.

You've developed habits that having you thriving whether at home or at work. Your life feels satisfying and successful. In fact, you're the envy of many family members, friends and colleagues. While there may be a few minor adjustments that would make your life even more successful and fulfilling, you're in a position where you now have a choice: you can keep things the way they are and continue to be quite happy, or you can step up to a new level and potentially enjoy even greater health, wealth, and happiness. The good news is, you're in the perfect position to choose - and that's empowering!

Now What?

Now that you have assessed your daily habits, and determined if you have the energy and focus to do your best at work and at home, you're in the perfect place to make a decision about how you'd like to proceed. Perhaps you are thinking that you could stand to make some changes that would help reduce your stress, re-ignite your passion for your professional and personal life, and get you to a higher level of health and well-being. If you're not sure where to start, or what step to take to accomplish this, I'd love to help!

Register today for a FREE Strategy Session!

I know that it's tough to make changes on your own. You might not know what the best first steps to take are, or have all the information you need to make sure the changes you attempt will pay you back. Every month I reserve a limited number of Complimentary Strategy Sessions for people who have registered for my special report and completed this self-assessment. I'd like to invite you to register for one of these complimentary sessions so you and I can get together on the phone and discuss your ideal workweek and life, as it relates to your health and well-being. We'll discuss where you'd really like it to be, and identify a strategy to help you get there.

Register for Your Free One-on-One Strategy Session

Email Ellen@EllenGcoaching.com, and answer the following questions:

*What is the greatest challenge you face in balancing your work and home life?
How is this challenge affecting your health and happiness?*

Once I receive your email, I'll send you a choice of available dates and times.

About Ellen Goldman, The Business Professional's Professional Wellness Coach

Ellen Goldman created **EllenG Coaching, LLC**, to help entrepreneurs and executive professionals who are worried about their health and happiness, and are either exhausted, burnt out, out of shape, overweight, or all of the above! She shows clients how excellent health leads to business wealth!

There are hundreds of business gurus teaching you the tools to grow your business, and hundreds of health professionals teaching you why and how to eat better, exercise more and stay healthy. But no one is helping you fit it all in - take care of business and take care of you! Ellen's personal experience growing her personal training business, and now her coaching practice, while raising a family, taught her that it truly is possible to keep self-care a priority. And she has made it her goal to help others do so as well.

Ellen Goldman is a nationally known healthy lifestyle and fitness professional, who has inspired, trained, coached, and presented to thousands of individuals throughout the country. Through her one-on-one coaching, group coaching, seminars, workshops and motivational talks, Ellen helps clients create programs that fit into their unique life situations, allowing them to thrive personally and professionally. Ellen is a Certified Wellness Coach and Personal Trainer, and the author of the forthcoming book, *Mastering the Inner Game of Weight Loss: It's Not About Eating Grapefruit!*