



**Discover + Choose + Act = Zelations Living Formula**  
**The Balanced Life Formula,**  
**5 Simple Steps to De-stress, Create Balance, and Find Peace**

For the following questions, please rate yourself on a scale of 1-10.

1 2 3 4 5 6 7 8 9 10

1 = This does **not** describe me at all right now

5 = This describes me somewhat

10 = This describes me perfectly

There is no right or wrong answer - please choose the number between 1 and 10 that best reflects where you are at this moment.

1. I know how to use my breath to calm my body and my mind, and I do this every day.  
1 2 3 4 5 6 7 8 9 10
2. I have a daily meditation practice, and it helps me to feel more relaxed and calm.  
1 2 3 4 5 6 7 8 9 10
3. I am able to easily and quickly feel deeply connected to my inner strength.  
1 2 3 4 5 6 7 8 9 10
4. I feel very confident and capable in my life.  
1 2 3 4 5 6 7 8 9 10
5. I know how to feel happy and grateful every day.  
1 2 3 4 5 6 7 8 9 10
6. It is easy for me to notice what I am thinking, and then to change it to more positive thoughts.  
1 2 3 4 5 6 7 8 9 10
7. It is easy for me to notice how I am feeling, and then to change it to more positive feelings.  
1 2 3 4 5 6 7 8 9 10
8. I know how to set my day up for success.  
1 2 3 4 5 6 7 8 9 10
9. I know how to prioritize and delegate what needs to be done, and I do this on a daily basis.  
1 2 3 4 5 6 7 8 9 10
10. Any comments you would like to express about your experience and outcomes from being in this program.
  
11. Now that you have completed the Balance Life Formula, what do you consider to be your biggest challenge or the thing that you are most struggling with now?