













# The Personal Wellbeing Quiz for Performance

(0 = Never, 1 = rarely, 2 = sometimes, 3 = often, 4 = always)

 <p>I prioritise spending face to face time with others, especially family and friends.</p>	 <p>I get between 7 - 9 hours sleep every 24 hours.</p>	 <p>I take the stairs at every possible opportunity to increase my daily movement.</p>	 <p>When I feel an emotion, I take a moment to explore it and notice how it feels before giving a response.</p>
 <p>Everyday I give myself time to do something fun and enjoyable.</p>	 <p>I am good at resisting distractions particularly emails, phone calls and texts, allowing me to focus on the task at hand.</p>	 <p>I attend team meeting to share ideas and experiences with colleagues to support my practice.</p>	 <p>I regularly consume small amounts of water to reach the recommended amount everyday.</p>
 <p>Throughout the day I press pause, allowing me to be in the present moment.</p>	 <p>I regularly allow my mind to switch off and do absolutely nothing.</p>	 <p>I avoid screens and bright lights for up to 1 hour before bedtime.</p>	 <p>I make sure that I get up from my desk and move regularly.</p>
 <p>I am good at doing just one task or specific part of a task at a time.</p>	 <p>I avoid carbohydrates in the morning to prevent sugar highs and lows throughout the day.</p>	 <p>I often challenge myself to do something new i.e. pick up a new hobby.</p>	 <p>At the end of the day I am able to stop thinking about work and enjoy my evening.</p>