

THE PLEASURE/ACHIEVEMENT QUESTIONNAIRE

From **When Happiness is not Enough** by Chris Skellett, Exisle Publishing, 2011.

Use the following table to clarify your preference towards pleasure or achievement. The items are only examples of lifestyle decisions, and do not necessarily reflect the overall influence of the Pleasure/Achievement in your life. The questionnaire serves as a **general guide only**, and is not a formal diagnostic instrument.

	A	B	C		D	E	F
	Strongly Agree	Agree	Mildly Agree	I Don't Mind	Mildly Disagree	Disagree	Strongly Disagree
After a meal, I prefer to sit down before I wash the dishes	3	2	1	0	1	2	3
It is more important to me that my children are happy rather than that they do well	3	2	1	0	1	2	3
When I look back on my life, I remember the fun that I've had, rather than the things that I've achieved	3	2	1	0	1	2	3
On holiday, I prefer to relax on a beach rather than to explore places of local interest.	3	2	1	0	1	2	3
My friends tend to be fun to be with, rather than useful to know	3	2	1	0	1	2	3
I try to be happy with myself as I am, rather than trying to change myself for the better	3	2	1	0	1	2	3
I like to relax at the weekend, rather than getting things done.	3	2	1	0	1	2	3
I prefer spending money rather than making money	3	2	1	0	1	2	3
During a break at work, I am more likely to snack rather than exercise	3	2	1	0	1	2	3
I play sport for fun, rather than to win	3	2	1	0	1	2	3

Your 'Pleasure Orientation'
My Score

To estimate the strength of your Pleasure Orientation, add scores from columns A,B, and C.

- 0 to 10 = Weak
- 11 to 20 = Moderate
- 21 plus = Strong

Your 'Achievement Orientation' Score
My Score

To estimate the strength of your Achievement orientation, add scores from columns D,E and F.

- 0 to 10 = Weak
- 11 to 20 = Moderate
- 21 plus = Strong

Your Overall 'Engagement' Score
My Score

To estimate the degree that you are engaged with the world around you, add your Pleasure score to your Achievement score.

- 0 to 10 = Low
- 11 to 20 = Medium
- 21 to 30 = High

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Your Overall Lifestyle Orientation'
My Score

Subtract your Pleasure score from your Achievement score. A **negative** score indicates an **indulgent** lifestyle, while a **positive** score indicates a **driven** lifestyle.

The strength of your orientation is measured by:

- 0 to - 10 = Mild
- 11 to - 20 = Moderate
- 21 to - 30 = Extreme

The questionnaire suggests that my lifestyle orientation may be seen as

mildly / moderately / extremely **driven / indulgent**

(circle the words that apply to you)