

# BALANCING PLEASURE AND ACHIEVEMENT IN MY LIFE

## SELF REVIEW WORKSHEET

Name:

Date:

This review sheet is designed to be used in conjunction with the key exercises suggested in the book **When Happiness is not Enough**. It forms the basis of a lifestyle review. There are no right or wrong answers, the questions are simply designed to promote reflection on the balance of pleasure and achievement that you currently experience in life.

### 1. REMEMBERING 'PLEASURE'

Remember a situation when you felt warm, relaxed, and content. When you laughed, had fun, and simply enjoyed the feeling of being alive. (lying on a beach, under a tree, or by a gentle stream on a warm summers day. Watching a sunset, or soaking in a scented bath).

**Write it down here:**

### 2. REMEMBERING 'ACHIEVEMENT'

Remember a situation when you felt deeply satisfied and glowed with pride. When a sense of purpose, drive, and enthusiasm had brought you success. (winning a prize, finishing a difficult project, being chosen for a team, buying your first home, or passing a test).

**Write it down here:**

### 3. THE PLEASURE ACHIEVEMENT QUESTIONNAIRE( from Appendix One)

My Pleasure Score is:            Weak/Moderate/Strong

My Achievement Score is:      Weak/Moderate/Strong

**Overall, I have a weak/moderate/strong pleasure-achievement orientation.**

### 4. THE LIFESTYLE MATRIX

The table suggests that I have a Stagnant/Indulgent/Driven/Fulfilling Lifestyle

### 5. MY THINKING STYLE

I tend to be planning, thinking ahead, seeing possibilities and setting goals,

**or**

I tend to be calm, relaxed, and content with life as it is.

My thinking style reflects a Pleasure-orientation/Achievement-orientation (delete one)

## 6. CHANGE EXERCISE:

### CHANGING SOMETHING SIMPLE ABOUT MY LIFE (tightening up or letting go)

A simple routine or habit that I'd like to change in my daily life:

The alternative pattern could be:

## 7. REVIEWING MY LEISURE PURSUITS:

Use the table below to **list activities of each type that I currently experience.**

What needs to be done to introduce a more fulfilling balance to my leisure time?

	FUN ACTIVITIES	GOAL-ORIENTED ACTIVITIES
Physical Activities		
Social Activities		
Creative Interests		

## 8. REVIEWING MY RELATIONSHIPS AT HOME:

### **With my Partner:**

Is our relationship essentially Purposeful or Pleasurable?

Do we enjoy enough time together?

Do we plan for a purposeful future together?

Do we compliment each other on how we are, or what we have achieved?

### **With Children:**

Do I express pride in their achievement, or do we just enjoy being together?

Am I primarily a fun parent, or an instructive parent?

Do I focus more on their successes, or their contentment?

### **With Friends:**

Are we collectively ambitious and striving to get ahead, or are we content with our lives as they are?

Are we competitive by nature, or do we celebrate just being together?

Do friends tend to ask how I am, or do they ask about what I have been doing?

## 9. REVIEWING MY ATTITUDES/BEHAVIOURS AT WORK:

Do I need a greater sense of purpose, or more fun?

Is my job too cruisy or too stressful?

Am I engaged happily with the rest of team, or are we simply there to get the job done?

## 10. THE KEY INFLUENCES ON MY LIFE:

Who are my ROLE MODELS?

Are they essentially great people to be around, or have they achieved great things?

Do my FAMILY VALUES encourage success or enjoyment in life?

Are my SOCIAL NETWORKS purposeful and focussed on getting ahead in life, or are we friendly and relaxed together, enjoying who we are?

Does my CULTURE primarily encourage achievement and growth, or does it celebrate mutual values and heritage?

11. THE SEVEN STAGES OF MY LIFE:

List your key memories from each stage of your life.

Rate the overall theme of either Pleasure or Achievement at each stage.

And what about planning for the next phase? Do you want more fun, or more achievement?

		KEY MEMORIES/COMMENTS	Rate your degree of Pleasure (1 to 10)	Rate your degree of Achievement (1 to 10)
1	INFANCY	(Warm nappies/ full tummy or learning to crawl?)		
2	CHILDHOOD	(Sports days/classroom tests or family picnics?)		
3	TEENAGE YEARS	(Parties/fast foods/gaming or swimming lessons/study?)		
4	YOUNG ADULTHOOD	(Mortgage/career/raising kids, or a series of casual jobs and relationships?)		
5	MID- LIFE	(Comfortably numb/TV dinners, or engaging in new projects /community responsibilities?)		
6	LATE ADULT LIFE	(Campervans and cruise ships, or taking up mentoring/volunteering roles?)		
7	OLD AGE	(Quiet reflection/acceptance, or setting challenging personal goals?)		

12. MY PERSONAL LONG TERM GOALS (My 'Bucket List'):

List 3 essential experiences that you would like to have before you become too old:

- a)
- b)
- c)

Go back and **rate them** as primarily pleasurable or goal oriented. Now add a 4th experience below, to provide balance to your list!

- d)

13. MY PERSONAL COMMITMENT TO LIFESTYLE CHANGE:

In completing this worksheet, I have identified several areas where I might make useful changes in my life. I will specifically commit to the following plan:

1)

2)

3)

I will discuss these changes with a colleague/friend/family member and will provide them with regular updates on progress.

#### 14. SUMMARY:

We all have a tendency towards Pleasure or Achievement. This plays out in various ways over the course of our lives, and in different parts of our lives. We can easily become a little bent out of shape by both the stresses and indulgent opportunities that modern life presents.

By systematically reviewing different aspects of our lives, this worksheet allows us to set up a range of suggestions for personal change. This applies to both our long term life plans, and to our daily routines.

At the end of the day, some of us will look back and wish we'd done more with our lives. Others will wish that they'd spent a little more time enjoying the journey. And with a little more reflection along the way, we can all plan for a richer and ultimately more fulfilling life.

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#### **Footnote**

The Pleasure Achievement Principle is the central concept described in the book **When Happiness is not Enough: Balancing Pleasure and Achievement in Your Life**, published by Exisle Publishing in October 2011.

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