

Balancing Ambition and Contentment: Evaluate Your Balance Between Drive and Inner Peace

Rate yourself for each statement by selecting ☒ or circling a number from 1 to 5, where:

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Neutral
- 4 = Agree
- 5 = Strongly Agree

1. I feel fulfilled even if I haven't reached all my goals yet.

 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 

2. I can pursue new aspirations without feeling overly pressured or anxious.

 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 

3. I take time to appreciate what I already have before striving for more.

 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 

4. My ambition motivates me, but it doesn't control my happiness.

 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 

5. I can pause and rest without feeling guilty about not being productive.

 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 

Answer Key and Score Interpretation:

Add up your total score from the five statements (maximum score = 25).

- **21-25:** You have achieved a healthy balance between ambition and contentment. Keep nurturing this balance.
 - **15-20:** You are on the path to balancing ambition and contentment, but there's room for improvement in one or both areas.
 - **10-14:** You may sometimes prioritize ambition at the expense of contentment or vice versa. Look deeper into how you define success.
 - **5-9:** It seems challenging for you to balance ambition and contentment. Reflect on what truly matters to you and adjust accordingly.
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Next Step Suggestions:

- Schedule time to reflect on your achievements and practice gratitude daily.
- Set goals based on your personal values rather than external pressures.
- Learn mindfulness techniques to remain present and enjoy the journey.