



Healthy High Performance Indicator Report 1

Sample Report

03/11/2020

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Introduction

The Healthy High Performance Indicator has been designed to help you explore the critical aspects of your mental and physical wellbeing that underpin optimal performance.

You can use it to simply baseline where you are now in relation to your mind, your body and your work-life balance. It can also be utilised to explore your development needs or at the beginning, in the middle of, and at the end of a programme of individual or team coaching. You can complete it multiple times, so that you can monitor your progress.

This document provides an overall indication of how you are doing in relation to each area – self-knowledge, pressure, relationships, mood & emotions, exercise, nutrition, sleep and balance. You can also review and reflect on your answers to each question.

Measuring where you are with something is helpful, but just knowing isn't necessarily going to help you make progress. You need to commit to actions, no matter how small the steps are. Make three promises to yourself in each area to play to a strength, maintain progress, or get something sorted out.

We also suggest that you work with a coach to enhance your ratings in any areas that you are finding challenging. There is a range of information, tools, and resources in our books 'Staying Sane in Business' and 'Mind Body Balance in Business' and at **www.sane.works**, which should be helpful. We also run workshops on each topic too!

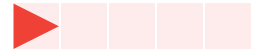
For more information or support, please contact info@sixthsenseconsulting.co.uk

Your Personalised Feedback

This section provides an overview of how you feel you are currently doing in relation to each area of healthy high performance with a rating of 1-5.

Self-Knowledge

You currently have a limited understanding of who you are and what you stand for and there's plenty to learn.



Pressure

You have a good knowledge of how you are under stress and pressure and you are coping very well with the demands you face.



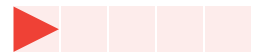
Relationships

You have fulfilling relationships that meet your needs.



Mood & Emotions

You are struggling to deal with and share your feelings and emotions and you need to take some immediate action.



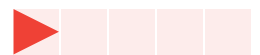
Exercise

You are currently finding it challenging to have a healthy exercise regime and there's plenty more to learn and try.



Nutrition

You are not paying sufficient attention to your nutrition at this point in time and there's a lot that you could do to improve this.



Sleep

You are currently getting sufficient, good quality sleep and you are waking up feeling refreshed.



Balance

Your life feels reasonably well-balanced but there's some fine-tuning you could do.



Reflective Questions & Goal Setting

Self-Knowledge

Consider your responses to the questions in this area.

1. What are your strengths? How can you capitalise on these?
2. What are the areas where you have some scope for improvement? What could you do make progress?
3. Consider the areas where you are struggling. What could you do to help yourself? What support do you need? What would success look and feel like?

My reflections

It is important to commit to actions, no matter how small the steps are. Make three promises to yourself to play to a strength, maintain progress, or get something sorted out.

My three goals

Useful Resources

Go to www.sane.works/self-knowledge-tips/ for helpful online resources.

Read 'Staying Sane in Business' Chapter 1

Pressure

Consider your responses to the questions in this area.

1. What are your strengths? How can you capitalise on these?
2. What are the areas where you have some scope for improvement? What could you do make progress?
3. Consider the areas where you are struggling. What could you do to help yourself? What support do you need? What would success look and feel like?

My reflections

It is important to commit to actions, no matter how small the steps are. Make three promises to yourself to play to a strength, maintain progress, or get something sorted out.

My three goals

Useful Resources

Go to www.sane.works/pressure-tips/ for helpful online resources.

Read 'Staying Sane in Business' Chapter 2

Relationships

Consider your responses to the questions in this area.

1. What are your strengths? How can you capitalise on these?
2. What are the areas where you have some scope for improvement? What could you do make progress?
3. Consider the areas where you are struggling. What could you do to help yourself? What support do you need? What would success look and feel like?

My reflections

It is important to commit to actions, no matter how small the steps are. Make three promises to yourself to play to a strength, maintain progress, or get something sorted out.

My three goals

Useful Resources

Go to <https://www.sane.works/relationship-tips/> for helpful online resources.

Read 'Staying Sane in Business' Chapter 3

Mood & Emotions

Consider your responses to the questions in this area.

1. What are your strengths? How can you capitalise on these?
2. What are the areas where you have some scope for improvement? What could you do make progress?
3. Consider the areas where you are struggling. What could you do to help yourself? What support do you need? What would success look and feel like?

My reflections

It is important to commit to actions, no matter how small the steps are. Make three promises to yourself to play to a strength, maintain progress, or get something sorted out.

My three goals

Useful Resources

Go to <https://www.sane.works/mood-emotions-tips/> for helpful online resources.

Read 'Staying Sane in Business' Chapter 4

Exercise

Consider your responses to the questions in this area.

1. What are your strengths? How can you capitalise on these?
2. What are the areas where you have some scope for improvement? What could you do make progress?
3. Consider the areas where you are struggling. What could you do to help yourself? What support do you need? What would success look and feel like?

My reflections

It is important to commit to actions, no matter how small the steps are. Make three promises to yourself to play to a strength, maintain progress, or get something sorted out.

My three goals

Useful Resources

Go to <https://www.sane.works/exercise-tips/> for helpful online resources.

Read 'Mind Body Balance in Business' Chapter 4

Nutrition

Consider your responses to the questions in this area.

1. What are your strengths? How can you capitalise on these?
2. What are the areas where you have some scope for improvement? What could you do make progress?
3. Consider the areas where you are struggling. What could you do to help yourself? What support do you need? What would success look and feel like?

My reflections

It is important to commit to actions, no matter how small the steps are. Make three promises to yourself to play to a strength, maintain progress, or get something sorted out.

My three goals

Useful Resources

Go to <https://www.sane.works/nutrition-tips/> for helpful online resources.

Read 'Mind Body Balance in Business' Chapter 5

Sleep

Consider your responses to the questions in this area.

1. What are your strengths? How can you capitalise on these?
2. What are the areas where you have some scope for improvement? What could you do make progress?
3. Consider the areas where you are struggling. What could you do to help yourself? What support do you need? What would success look and feel like?

My reflections

It is important to commit to actions, no matter how small the steps are. Make three promises to yourself to play to a strength, maintain progress, or get something sorted out.

My three goals

Useful Resources

Go to <https://www.sane.works/sleep-tips/> for helpful online resources.

Read 'Mind Body Balance in Business' Chapter 6

Balance

Consider your responses to the questions in this area.

1. What are your strengths? How can you capitalise on these?
2. What are the areas where you have some scope for improvement? What could you do make progress?
3. Consider the areas where you are struggling. What could you do to help yourself? What support do you need? What would success look and feel like?

My reflections

It is important to commit to actions, no matter how small the steps are. Make three promises to yourself to play to a strength, maintain progress, or get something sorted out.

My three goals

Useful Resources

Go to <https://www.sane.works/balance-tips/> for helpful online resources.

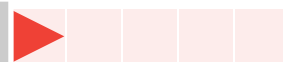
Read 'Mind Body Balance in Business' Chapter 7

Question Results

This section shows your responses to each question across the eight areas.

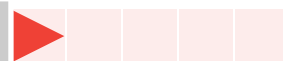
Self-Knowledge 1

I appreciate my strengths



Self-Knowledge 2

I struggle to describe my weaknesses



Self-Knowledge 3

I recognise what is important to me - what I value in life



Self-Knowledge 4

I can easily list the things that motivate me in my work



Self-Knowledge 5

I understand my personality



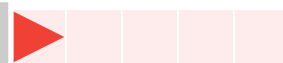
Self-Knowledge 6

I know what has shaped me as a person over time



Self-Knowledge 7

I am aware of how I come across to others



Self-Knowledge 8

I can describe what I want to achieve in life



Self-Knowledge 9

I embrace new challenges and opportunities



Self-Knowledge 10

I learn from feedback



Self-Knowledge 11

I put in the effort required to learn and develop



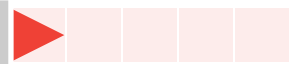
Self-Knowledge 12

I take inspiration from the success of others



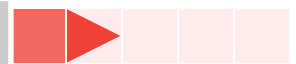
Self-Knowledge 13

I am comfortable with who I am



Self-Knowledge 14

I do not feel successful in life



Pressure 1

I have coped well with the different demands placed on me



Pressure 2

I am good at recognising when I am under too much pressure



Pressure 3

I have felt that it's all been too much in the last few weeks at work



Pressure 4

Bad habits have got the better of me lately



Pressure 5

I find it easy to relax and unwind



Pressure 6

I have felt unfairly criticised by other people



Pressure 7

I have achieved most of what I have set out to do



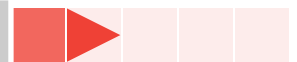
Pressure 8

I have been under a great deal of stress in my personal life



Pressure 9

I have found it hard to be kind to myself



Pressure 10

I am aware of how my behaviour changes when I am under pressure



Pressure 11

I have found good ways of taking time out and switching off



Pressure 12

I am stuck in my ways and it's hard for me to adapt



Pressure 13

I know how stress impacts on me physically



Pressure 14

I recognise when stress and pressure impact on my thinking



Relationships 1

I am good at dealing with conflict



Relationships 2

I am able to have satisfying intimate relationships outside work



Relationships 3

I find it difficult to be authentic with people at work



Relationships 4

I feel like nobody understands me



Relationships 5

I can be myself when I am with my family



Relationships 6

I find it hard to talk openly and honestly with people



Relationships 7

My closest friends know me very well



Relationships 8

I enjoy spending time with colleagues and getting to know them



Relationships 9

I struggle to make new friends



Relationships 10

I have a good support network



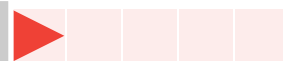
Relationships 11

I find it hard to ask others for help



Relationships 12

I understand how other people feel



Relationships 13

I am happy with how much I am included in things at work



Relationships 14

I don't let other people know how I'm feeling



Mood & Emotions 1

I have been able to control my emotions



Mood & Emotions 2

I have felt positive about myself



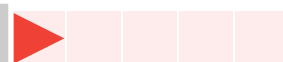
Mood & Emotions 3

I have been able to cope when things go wrong



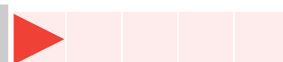
Mood & Emotions 4

I have spent a lot of time worrying about things



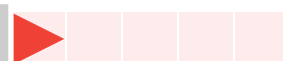
Mood & Emotions 5

I have generally felt happy and cheerful



Mood & Emotions 6

I have been irritable with people



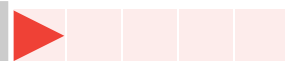
Mood & Emotions 7

I have felt alone and isolated



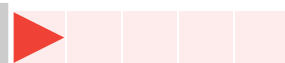
Mood & Emotions 8

I have felt optimistic about my future



Mood & Emotions 9

I have felt down and disheartened about life



Mood & Emotions 10

I have felt uninterested in activities that I normally enjoy



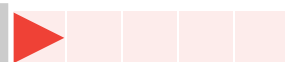
Mood & Emotions 11

I have felt anxious or on edge about things



Mood & Emotions 12

I have been able to express my feelings



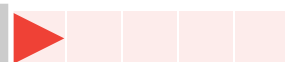
Mood & Emotions 13

I have felt overwhelmed



Mood & Emotions 14

I have been fun to be with



Exercise 1

I have a balanced exercise regime e.g. cardio and strength-building



Exercise 2

I regularly do some form of exercise that raises my heart rate



Exercise 3

I spend most of my day sitting down



Exercise 4

I build movement into my working day e.g. taking the stairs



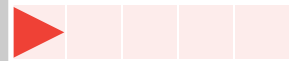
Exercise 5

My hobbies involve elements of exercise e.g. gardening



Exercise 6

I know the importance of exercise but never seem to have time for it



Exercise 7

I have clear fitness goals



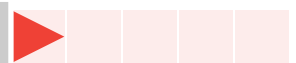
Exercise 8

I feel unfit and out of shape



Exercise 9

I am constantly starting new fitness regimes, but don't keep them up



Exercise 10

I monitor my health and fitness levels



Exercise 11

I am too sluggish and tired to exercise



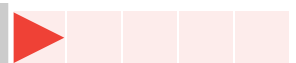
Exercise 12

I enjoy keeping fit



Exercise 13

I have been suffering from aches and pains



Exercise 14

I have been lethargic and lacking in energy

☐☒☐☐☐☐

Nutrition 1

I have a healthy and balanced diet

☐☒☐☐☐☐

Nutrition 2

I enjoy a range of different foods

☐☒☐☐☐☐

Nutrition 3

I eat at regular times each day

☒☐☐☐☐☐

Nutrition 4

I eat too many unhealthy snacks in-between meals

☒☐☐☐☐☐

Nutrition 5

I limit my intake of caffeine (e.g. in coffee/tea/energy drinks)

☒☐☐☐☐☐

Nutrition 6

I ensure that I consume sufficient vitamins and minerals

☒☐☐☐☐☐

Nutrition 7

I regularly drink too much alcohol

☒☐☐☐☐☐

Nutrition 8

I know which foods I should be eating more or less often

☐☒☐☐☐☐

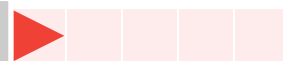
Nutrition 9

I drink plenty of water throughout the day

☒☐☐☐☐☐

Nutrition 11

I often crave sweet or salty things e.g. cakes, chocolate and crisps



Nutrition 12

I eat lots of fruit and vegetables



Nutrition 12

I stop eating when I feel full rather than when I have cleared my plate



Nutrition 13

I have not felt interested in my nutrition



Nutrition 14

I eat enough protein



Sleep 1

When possible, I go to bed and get up at regular times



Sleep 2

I find it difficult to switch off when trying to go to sleep



Sleep 3

I am distracted by technology in my bedroom (e.g. TV or phone)



Sleep 4

I have a regular bedtime routine that gets me ready for sleep



Sleep 5

I have a bedroom that is comfortable and conducive to sleep



Sleep 6

I wake up during the night and struggle to get back to sleep



Sleep 7

I wake up suddenly feeling anxious and overwhelmed



Sleep 8

I have tactics for getting back to sleep if I wake in the night



Sleep 9

I feel tired during the daytime



Sleep 10

I regularly achieve more than seven hours of sleep each night



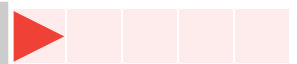
Sleep 11

I wake in the morning feeling refreshed



Sleep 12

I have used alcohol to help me sleep



Sleep 13

I wake early and usually can't get back to sleep



Sleep 14

I rely on medication to sleep



Balance 1

My life feels well-balanced



Balance 2

I derive satisfaction and enjoyment from a variety of different activities



Balance 3

I neglect to spend time with friends



Balance 4

I feel like I do not have time for personal growth and development



Balance 5

I am able to invest time in hobbies and recreational activities



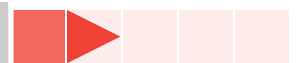
Balance 6

My desire for money outweighs everything else



Balance 7

Work demands prevent me from striking a good balance in my life



Balance 8

I can take the time to rest and relax



Balance 9

I have the space to think about the next steps in my life



Balance 10

It feels like one thing is dominating my life



Balance 11

I lack time for things that are important to me



Balance 12

I have a fulfilling family life



Balance 13

I see enough of my immediate family



Balance 14

Technology interrupts my relaxation time

