

SYNCHRONOUS LIFE SYSTEM (SLS) INTRODUCTORY ASSESSMENT

Discover Your Balance Across the Six Domains of Well-being

Last Name: _____ First Name: _____ Email: _____

Instructions: Rate how strongly you agree or disagree with each statement using the following scale:

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

Spiritual Well-being: Domain Total = _____ (sum of the three scores in this section)

1. I feel a deep sense of purpose and meaning in my daily life. _____
2. I take time to reflect on my values and how they guide my decisions. _____
3. I practice gratitude and mindfulness regularly. _____

Physical Well-being: Domain Total = _____

4. I get sufficient sleep and feel well-rested most days. _____
5. I engage in regular movement or exercise that supports my health. _____
6. I make intentional choices about my nutrition and hydration. _____

Emotional Well-being: Domain Total = _____

7. I am aware of my emotions and can express them in a healthy way. _____
8. I have effective coping strategies for managing stress and setbacks. _____
9. I practice self-compassion and allow myself to experience joy. _____

Relational Well-being: Domain Total = _____

10. I communicate openly and honestly in my relationships. _____
11. I set and respect healthy boundaries with others. _____
12. I feel a strong sense of connection and belonging in my community. _____

Intellectual Well-being: Domain Total = _____

13. I actively seek opportunities for learning and personal growth. _____
14. I enjoy problem-solving and thinking critically about challenges. _____
15. I apply what I learn to enhance my personal and professional life. _____

Occupational Well-being: Domain Total = _____

16. I feel a sense of purpose and fulfillment in my work or daily activities. _____
17. I balance my professional and personal responsibilities in a healthy way. _____
18. My work aligns with my values and long-term goals. _____

Scoring & Reflection

Copy section scores from above:

S= _____ P= _____ E= _____ R= _____ I= _____ O= _____

=> Total Combined = _____

- **80-90:** Strong alignment with SLS principles—keep thriving!
- **60-79:** Solid foundation with areas for improvement.
- **40-59:** Consider focusing on areas that need growth.
- **Below 40:** Reflect on small, intentional steps to enhance well-being.

Reflection Question: What is one action you can take this week to improve your overall well-being?

Explore Your Well-being Further

Take the next step toward a more balanced and fulfilling life!

Connect with a **Synchronous Life Coach** to:

- ✓ Take a **detailed assessment** for deeper insights
- ✓ Receive a **personalized reflection guide**
- ✓ Explore strategies to enhance your growth in all six domains

Visit **KenGCrawford.com** to book a free consultation and start your journey today!

The **Synchronous Life System (SLS) model** provides a holistic approach to well-being, recognizing that true flourishing is not achieved in isolated parts of our lives but through the **dynamic interaction and flow of energies** across all domains—**spiritual, physical, emotional, relational, intellectual, and occupational**. Just as leadership and life are deeply interconnected, our well-being in one area influences and is influenced by the others. The SLS framework helps us cultivate **greater self-awareness, balance, and intentionality**, ensuring that personal and professional growth support one another rather than existing in tension. When we integrate these domains effectively, we create a **foundation for resilience, fulfillment, and sustainable leadership** in all aspects of life.

Rather than seeing well-being as a static achievement, the SLS model encourages us to view it as **an evolving process**, shaped by the rhythms, challenges, and opportunities of our lives. Some domains may naturally feel more aligned at different times, while others require more attention and intentionality. By recognizing our **strengths as sources of energy and stability** and addressing areas that feel out of sync, we can make meaningful progress toward greater wholeness. Whether leading in the workplace, in our communities, or in our personal lives, **the journey toward well-being is about creating synergy between our inner world and external realities**—allowing us to lead, work, and live with greater clarity, purpose, and impact.

80-90: You are actively cultivating well-being across multiple domains.

Your score indicates that you are successfully maintaining **balance across multiple domains**, demonstrating a **strong commitment to personal growth and self-care**. Start by reviewing the **areas where you scored the highest**—these represent **your greatest strengths and sources of resilience**. Whether it's **spiritual depth, emotional intelligence, strong relationships, or professional fulfillment**, these domains **fuel your energy and support your overall well-being**. A helpful coaching prompt is: *"What practices have been most effective in sustaining my well-being, and how can I enhance or expand them?"*

At the same time, consider **which areas had the lowest scores** and **how your strengths can help improve them**. For example, if **intellectual and occupational well-being** are thriving but **relational well-being** feels less developed, how can your strengths in learning and career focus be used to **enhance communication and connection**? If you are physically well but struggling with emotional well-being, how could movement and mindfulness **support stress management**? A powerful question to explore is: *"How can I use my existing strengths as tools to bring more balance to my areas of lower well-being?"* By continuing to refine your practices and being intentional about **bridging the gaps**, you'll sustain and expand your overall sense of fulfillment.

60-79: You have a solid foundation but may benefit from focusing on a few specific areas.

Your score reflects a **strong foundation** in well-being, yet there are **key areas where greater focus and intention** could bring even more balance into your life. **Review your highest-scoring areas**—these domains are where you feel most aligned and energized. A useful coaching prompt is: *"How do my strengths contribute to my overall well-being, and how can I build upon them?"* Recognizing and reinforcing these strengths **will provide confidence and stability** as you focus on areas that may need more attention.

Next, examine your **lower-scoring areas** and identify the ones that feel **most out of sync**. Often, growth starts with **small, intentional shifts** rather than drastic overhauls. Consider **how your strongest areas can help improve the others**—for example, if you thrive in **spiritual or intellectual well-being** but struggle with **physical well-being**, could you apply the discipline of learning or reflection to build a consistent movement practice? If your relationships are strong but your career feels unfulfilling, how can your **interpersonal strengths** support professional growth? A guiding question to explore is: *"Which area of my well-being, if improved, would have the biggest impact on my daily life?"* By refining strengths and applying them to growth areas, you'll move toward even greater balance and alignment.

40-59: There is room for growth in balancing your well-being across domains.

Your results indicate that while you may have some **strengths in well-being**, there are also **clear areas of imbalance that could benefit from greater attention**. Start by acknowledging **what is already working**—which areas did you score highest in? These strengths are **powerful tools** that can **help stabilize and support** your efforts in other domains. A useful coaching prompt is: *"Which aspects of my life bring me energy, and how can I lean on them to support areas where I feel more*

depleted?"

Now, shift your focus to your **lower-scoring areas**. Which domain feels most neglected or draining? Is it **emotional regulation, work-life balance, or physical health**? Instead of trying to fix everything at once, identify **one small, meaningful change** that can create momentum. If **stress and overwhelm are present**, could setting boundaries or prioritizing rest be a first step? If relationships feel strained, would dedicating time to deeper conversations help? A coaching question to explore is: *"What is one habit I can commit to this month that will help me create more balance?"* Seeking **accountability from a mentor, coach, or trusted friend** can also provide structure and encouragement as you make these shifts. Remember, well-being is built over time—by taking small, intentional steps, you'll create **lasting, sustainable progress**.

Below 40: Consider adopting new strategies to enhance your holistic well-being.

Your score suggests that you may be **experiencing significant imbalances**, and this is an opportunity to **pause, reflect, and reset**. While it can be tempting to try to **change everything at once**, start by **identifying your strongest areas, even if they feel small**. These are your **anchors**—the foundations you can build upon. A powerful coaching prompt is: *"Which aspects of my well-being feel most stable, and how can I use them to support areas that feel more challenging?"*

Next, **look at your lower-scoring areas and choose one place to start**. Focus on **basic well-being foundations**—like **sleep, nutrition, movement, or emotional regulation**—that will **help stabilize your energy and mindset**. Instead of drastic changes, **choose one small, achievable action** that feels **realistic and manageable**. If you're struggling with burnout, could setting a **single daily boundary** help? If you feel disconnected, could reaching out to **one supportive person** be a good first step? A guiding question to explore is: *"What is one small, manageable change I can make this week to start building toward greater balance?"* You are not alone in this journey, and seeking **coaching, mentorship, or community support** can provide the **accountability and encouragement** you need to create a path toward a more sustainable, fulfilling life.

Final Reflection for All Scores

Wherever you are on your well-being journey, remember that **self-awareness is a powerful tool**. **Review your responses**, identifying both **your highest and lowest scoring areas**. Use **your strengths as a foundation** and **your growth areas as an opportunity** to move toward greater alignment. **Your next steps don't have to be overwhelming**—even the smallest shifts can create meaningful progress over time.

A **final coaching question** to consider:

"How can I use what I do well to support where I want to grow?"

If you're looking for **deeper insights and structured guidance**, consider working with a coach to develop **personalized strategies** for creating more balance and fulfillment in your life.