

Say
what?**ALL ABOUT YOU**What colour are the statements
you most agree with?Mostly
blueMostly
redMostly
purpleMostly
greenStart
here**THE QUESTIONS****Statement 1: Core beliefs**

- There is only success or failure, no middle ground
- Life is unfair – especially to me. Other people always get lucky
- I don't think I deserve success or happiness
- I don't like failing, but I'll see it as a learning curve

Statement 2: Comfort zone

- Being competitive spurs me on to try new things
- I enjoy the buzz of nearly getting caught out
- I am terrified of failing, so don't push myself
- I seize opportunities even if they scare me

Statement 3: Work assignments

- If it's not perfect, why bother?
- I'll always give a different opinion on something, just to make things interesting
- I feel like a fraud and will rarely take the lead
- I have enough faith in my abilities to put myself out there

Statement 4: Comparing yourself

- I hate working with others – they might mess things up for me
- I get envious of other people's success
- I'm not as good as everyone else
- I'm pretty good at taking criticism from others

Statement 5: Conflict and resolution

- I need to be in total control at all times
- Conflict and arguments are healthy – it's how you get the best out of people
- I'm constantly anxious that I'm letting people (including myself) down
- Everyone makes mistakes; it's not the end of the world if things go wrong

**CHECK OUT
YOUR RESULTS**
Make a note of your
answers, then turn the
page and read on to find
out what it means and
what you can do to seize
opportunities.

**ARE YOU A
GO-GETTER?**

Balance asked Londoners if they're willing to step out of their comfort zone or if they hold themselves back



Yawn Liang, 20, Bethnal Green, a student, says:
'I like an easygoing life – I'm not bothered about perfection. Failure is inevitable, so I won't stop trying even if I think I won't be able to reach my end goals.'



Max Bayley, 29, Richmond, an account manager, says:
'I sabotage myself in my personal life – I make plans and break them quickly – but not at work. At work I'm a perfectionist; I deal with high-value projects under pressure, so I have to be relentless. I take the hit if it means an easier outcome.'



Esther Pater, 47, Islington, a life coach, says:
'It's only human to sabotage your life to save yourself from things you think are scary. I don't like staying in my comfort zone – I wouldn't grow, learn or take exotic trips. I do like to have a plan, so I can take action to get to where I want to be.'