



ARE YOU READY FOR LIFE?

Complete this questionnaire and find out ...

Do you know ...	I have no idea	I know more or less	I know precisely
	0 POINTS	1 POINT	2 POINTS
You and a friend are dining out. She orders a <i>crostini met tapenade</i> . Do you know what she is ordering?			
You enter your flat at night. An assailant tries to strangle you. Do you know what to do?			
Do you know what type of work fits your personality, interests and talents like a glove?			
You want to save by investing in the stock exchange. Do you know which shares are the best to buy?			
Do you know why a wineglass is narrower towards the top?			
You suffer from a terrible tension headache. Do you know what massage technique to use to reduce the pain?			
You lend a hand to mix cocktails. Do you know how to mix a <i>margarita</i> ?			
Your best friend nearly drowns and is lying unconscious on the beach. Do you know what to do?			
Do you know which colours compliment your appearance the best?			
Do you know whether a contract entered into via e-mail is binding?			
Your friend unexpectedly loses his parents in a road accident. Do you know how to help him deal with his loss?			
Your mother-in-law asks you to put the butter knives on the table. Do you know where to place them?			
ADD THE SCORES FOR EACH COLUMN			
TOTAL SCORE: ADD THE SCORES OF THE 3 COLUMNS			

MAXIMUM SCORE = 24

- If you scored **more** than **18 out of 24**, you are cruising through life without any problems ...
- If you scored **less** than **18 out of 24**, you will benefit tremendously from the Equilibria refinement year...
- If you scored **less** than **15 out of 24**, you cannot afford to miss the Equilibria refinement year ...

Equilibria School of Life offers a exiting gap year programme for young people in Potchefstroom. The course is aimed at young people who leave school after grade 12, who feel uncertain about a career choice, or want to gain certain life skills before studying further. Our gap year programme is specifically designed to help you find their niche in life, provide you with a finishing course and help you to stand on your own feet before you enter adult life. And it is LOTS of fun.....

Apart from an extensive career guidance programme, the course also includes health and lifestyle skills; stress and time management skills; wine and entertainment skills; legal, financial and safety skills; social, etiquette and wardrobe skills; interior and landscaping skills; and character building, problem solving and positive thinking skills. It is a 'crash course in life!'

Find out more at www.equilibriaschool.co.za

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