

# **The Lifestyle Categories-**

## **Which one do you fit into?**

### **On the Run**

On the Run Girl is always in a hurry, if something has to be done it must be done as soon as possible. She has a lot of responsibility, very high expectations for herself and others and very little patience.

### **The Worrier**

The Worrier worries about everything, she makes mountains out of molehills. The Worrier often suffers sleepless nights as she has too much on her mind; she finds it hard to relax and has low self-esteem.

### **Workaholic**

The Workaholic puts her career before anything else in her life including relationships, socialising and family. She works very hard, enduring long hours, as she is predominately focussed on moving up the career ladder.

### **Night Owl**

The Night Owl works irregular hours and finds her work commitments clash with her social life. She may find herself waking up sluggish due to irregular sleeping patterns, which can throw the body clock out of sync. The Night Owl can easily fall into routines of eat, sleep and work, letting exercise, leisure and her social life fall by the wayside.

### **World on Your Shoulders**

The World on Your Shoulders is balancing many responsibilities including a job, family, husband, finances etc. She is very routine focussed but has very little time to herself and has a habit of putting everything before herself.

### **Party Girl**

The PARTY GIRL puts her social life before anything else; she wants to have as much fun as possible before she gets too old. Her job may be of great importance to her, but is secondary to her social life. Late nights and early mornings can soon begin to take their toll

### **The Last Minute Girl**

The Last Minute Girl excels under pressure, but leaves everything to the last minute meaning that everything has to be done at once, causing stress levels and blood pressure to increase.