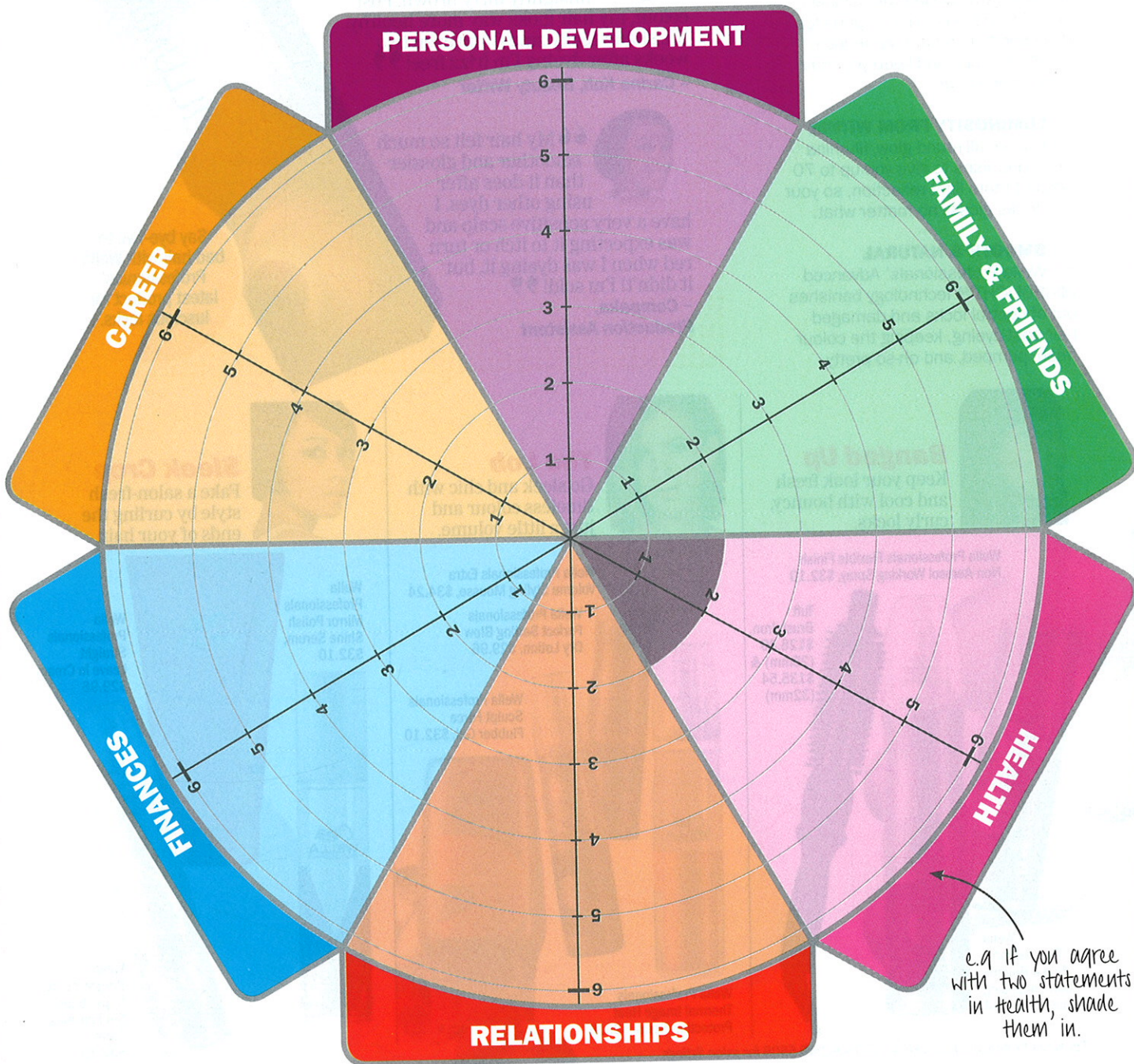


GET READY TO Reboot

Does your life need a pick-me-up? Whip it into shape with the help of Cosmo's very clever Makeover Wheel. **BY MAVIS NGUI**



► Sometimes, life can feel a bit unbalanced. Maybe you've been putting more hours in at the office. Perhaps you've given up on your gym routine. Or it could be your love life has fallen by the wayside.

In our crazy world it can be easy to let certain areas slip without noticing. "But it's so important that all aspects of your life are even," says Li Kun Qi, an ICF certified coach at Executive Coach International.

"Neglecting one part for the sake of another will cause unhappiness, illness, and resentment — from the people around you or yourself."

But worry not. Getting a grip and making your life over is easy — you've just got to pinpoint which bit is out of whack. Let our quiz help you, and provide tips on turning things around. We feel a whole new you coming on ...

Balancing your own head up means you're in trouble.



READ THE STATEMENTS BELOW. WHEN YOU AGREE WITH ONE, SHADE A SECTION IN THE CORRESPONDING MAKEOVER WHEEL OPPOSITE. START SHADING FROM THE CENTRE, MAKING SURE YOUR SHADING MATCHES THE LIFE AREA.

Finances

- Despite a steady rise in your pay, you never earn more than you spend.
- You only pay your bills once every three months, and that's because they threatened to go all Judge Judy on you.
- In the week before payday, you're living off stale bread and water.
- You have 10 credit cards and all of them are charged up to the limit.
- Insurance? What insurance?
- Your investment plan is caviar face cream, because the best investment in life is you.

Health

- No matter how much sleep you've had, you still feel shattered the next morning.
- You count doughnuts as breakfast, and pizza is one of your five-a-day, right?
- The only vitamin you get is vitamin D on the lunch run to the deli in your building.
- Your bathroom breaks are get-out-of-my-way, full-bladder dashes.
- Your food pyramid consists of coffee, cookies and cup noodles.
- The exercise gear you bought from last year's sale are still in their plastic.

Personal Development

- Opportunities are just additional pressure in disguise.
- You've only been twice but your yoga membership has expired ... again.
- Your gut says "Go!" but your mouth mumbles, "Maybe next time."
- The last me-time you had was so long ago, Britney still possessed her v-card.
- You don't know what a hashtag is.
- You never start on crossword puzzles because you can't finish them.

Career

- On Sunday nights, you start to count the hours and feel the dread of another week starting.
- It's increasingly difficult to get up every morning. Even the snooze button on your alarm clock has jammed.
- When your colleagues greet you with "Good morning", you retort, "Is it?"
- Work tasks that you've always been doing suddenly feel tedious.
- You've used up your annual sick leave allowance in the last two months.
- Outside of work, when people ask about your job, you change the subject.

Relationships

- Your boyfriend suggests trying something new in bed and you present him with low-fat, sodium-free popcorn.
- Date nights feel like drag nights.
- You can count on one hand the number of times you've had sex in the past ... year.
- Every serious conversation you've initiated with your guy ends without a resolution.
- Your parents think you've made your boyfriend up since every time they ask him out for dinner, he's "busy".
- When he asks, "Why do you love me?" you're stumped for an answer.

Sometimes, you need your space — a lot of it.

Family & Friends

- You can't remember the last time you sat down for Sunday lunch with all your family.
- While out you catch sight of a friend you haven't seen for a while, and dash off hoping she hasn't seen you.
- Missing Daddy's 60th birthday bash is no big deal — Adam Levine's live performance here is more important.
- Your best friend gives birth and the first thing you say is, "Drop those pounds, girlfriend. Jessica Alba only took one month!"
- You never pick up your mum's calls, since all she does is natter on about your neighbours.
- You see photos of your best buds having "The most awesome girls' night out EVER!" on Facebook. Strange, you didn't get an invite.

ANSWERED THE STATEMENTS AND SHADED THE MAKEOVER WHEEL? THE MOST SHADED LIFE AREA IS THE ONE THAT NEEDS A REBOOT, PRONTO. READ THE FACING PAGE TO FIND OUT HOW ...

