

Work Life Balance Quiz

by *Randall S. Hansen, Ph.D.*

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Directions: Answer true or false to each statement below.

1. I find myself spending more and more time on work-related projects.
 True
 False
2. I often feel I don't have any time for myself -- or for my family and friends.
 True
 False
3. No matter what I do, it seems that often every minute of every day is always scheduled for something.
 True
 False
4. Sometimes I feel as though I've lost sight of who I am and why I chose this job/career.
 True
 False
5. I can't remember the last time I was able to find the time to take a day off to do something fun -- something just for me.
 True
 False
6. I feel stressed out most of the time.
 True
 False
7. I can't even remember the last time I used all my allotted vacation and personal days.
 True
 False
8. It sometimes feels as though I never even have a chance to catch my breath before I have to move on to the next project/crisis.
 True
 False

9. I can't remember the last time I read -- and finished -- a book that I was reading purely for pleasure.
- True
- False
10. I wish I had more time for some outside interests and hobbies, but I simply don't.
- True
- False
11. I often feel exhausted -- even early in the week.
- True
- False
12. I can't remember the last time I went to the movies or visited a museum or attended some other cultural event.
- True
- False
13. I do what I do because so many people (children, partners, parents) depend on me for support.
- True
- False
14. I've missed many of my family's important events because of work-related time pressures and responsibilities.
- True
- False
15. I almost always bring work home with me.
- True
- False