

WORK-LIFE BALANCE ASSESSMENT

Name: _____ Facility: _____

You will receive 10 points for completing this activity.

I find myself spending more and more time on work-related projects.	<input type="checkbox"/> True	<input type="checkbox"/> False
I often feel I don't have any time for myself, or for my family and friends.	<input type="checkbox"/> True	<input type="checkbox"/> False
No matter what I do, it seems that often every minute of every day is always scheduled for something.	<input type="checkbox"/> True	<input type="checkbox"/> False
Sometimes I feel as though I've lost sight of who I am and why I chose this job/career.	<input type="checkbox"/> True	<input type="checkbox"/> False
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.	<input type="checkbox"/> True	<input type="checkbox"/> False
I feel stressed out most of the time.	<input type="checkbox"/> True	<input type="checkbox"/> False
I can't even remember the last time I used all my allotted vacation and personal days.	<input type="checkbox"/> True	<input type="checkbox"/> False
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.	<input type="checkbox"/> True	<input type="checkbox"/> False
I can't remember the last time I read, and finished, a book that I was reading purely for pleasure.	<input type="checkbox"/> True	<input type="checkbox"/> False
I wish I had more time for some outside interests and hobbies, but I simply don't.	<input type="checkbox"/> True	<input type="checkbox"/> False
I often feel exhausted, even early in the week.	<input type="checkbox"/> True	<input type="checkbox"/> False
I can't remember the last time I went to the movies or visited a museum or attended some other cultural event.	<input type="checkbox"/> True	<input type="checkbox"/> False
I do what I do because so many people (children, partners, parents) depend on me for support.	<input type="checkbox"/> True	<input type="checkbox"/> False
I've missed many of my family's important events because of work-related time pressures and responsibilities.	<input type="checkbox"/> True	<input type="checkbox"/> False
I almost always bring work home with me.	<input type="checkbox"/> True	<input type="checkbox"/> False

Give yourself 1 point for each "true" response. A higher number of "true" responses may indicate a need to make changes in your lifestyle.

If you scored...

- 0-2 You have a good balance between life and work; continue working to guard that balance.
- 3-5 Your work/life balance is teetering on the edge, now is the time to make changes before the problems and stress become overwhelming.
- 5+ Your life is out of balance and you may feel overwhelmed; take immediate action to bring better balance to your life and improve your wellness.