

The Work-Life Balance Quiz

Are you feeling the time and energy crunch of increasing and changing work demands, long commutes, raising children, aging parents, relationship issues, money concerns, and much more? **It's hard to keep up with all life's demands and to "have a life" too.** Today's world requires the strength and stamina of a marathon. Work demands tend to invade personal life, and personal life is affected by the stress of trying to balance all life's responsibilities. We tend to lose sight of the pure joy of life: slowing to see the beauty, taking care of ourselves, and just having fun. Our life is out of balance.

The *Work-Life Balance Quiz* is based on the philosophy that we need balance in all areas of our life to have a truly successful and fulfilled life. When one area is ignored and there is too much focus on another, our whole life is out of balance, and we are less able to succeed and thrive in any of the areas of our life.

Take the *Work-Life Balance Quiz* to learn where to start balancing your whole life. The quiz is structured on *Seven Areas of Life*.

*Work and Career *Friends and Family *Personal and Spiritual Growth
* Fitness/Health *Fun/Recreation *Money *Romance/Significant Other

The quiz is coordinated with the *Life Satisfaction Wheel*, the *Work Satisfaction Wheel*, and the *Eight Savvy Steps to the Life You Want* workbook, all of which can be downloaded from www.savvylifeskills.com

Scoring: Add up all the "True" responses. Each "True" response is an indication that some part of your life is not in balance. The higher your score, the more important it is to start making changes in your life.

If your score is:

- 0-4 Your life is fairly well balanced. Be careful to protect that balance.
- 5-7 Your life is on the edge of getting out of balance. Choose the areas where you can make some changes to help you get your life back on track.
- 7+ Your life is out of balance. It is important to make changes now to prevent future problems in your life and work.

After you take the quiz, be sure to contact me at diana@savvylifeskills.com to arrange your free introductory half-hour telephone coaching call. We can discuss the results of the quiz and maybe even find some solutions for your life balance.

Work-Life Balance Quiz

Directions: Mark each box True or False

Work and Career

- I spend so much time dedicated to my work, I have little time for friends and family.
- I feel stressed and overwhelmed at work.
- I have many hours of vacation time built up because I never feel I can take the time away.
- I want to advance in my career, but I don't have the time to do what is necessary to get ahead.

Friends and Family

- I have missed important family events because of my work demands.
- I come home too tired to give quality time to my family.
- I have started to lose track of my friends because I am too busy to spend time with them.
- It has been a long time since I have just spontaneously gone out to have fun with my friends and family.

Personal and Spiritual Growth

- I am too busy taking care of others to take care of myself.
- I live according to what is expected of me instead of living according to what I really want.
- I feel I am missing the things that are important to me.
- I yearn for a life of more meaning and fulfillment that reflects my values.

Romance/Significant Other

- I do not have the time or energy to invest in a significant relationship.
- I feel I have grown away from my spouse/partner.
- I allow problems to go unresolved because I don't have the time or energy to deal with them.
- I have put my relationship on the sideline to focus on my work.

Fitness/Health

- I know I should exercise more, but I never seem to be able to get started or I don't stick with it.
- I frequently still feel tired when I get up in the morning.
- I almost never take any quiet time just for myself.
- I feel stressed much of the time.

Fun/Recreation

- I can't remember the last time I took the time to do something fun just for me.
- I wish I could get back to doing the things I used to do that really gave me enjoyment.
- Instead of getting out to do fun things, I just "vege out" in front of the TV.
- When I get home from work, it's like another job where there is even more work to do. It never seems to end.

Money

- I have concerns about an adequate income to meet my needs.
- I do not have a budget that I stick to.
- My credit card debt is too high.
- I haven't made adequate plans for emergencies or retirement.