Work/Life Balance Questionnaire

The more affirmative answers there are, the more likely it is that your work/life balance is, or may become, a problem area.

1. I find myself spending more and more time on work-related projects.
2. I often feel I don't have any time for myself or my family and friends.
3. No matter what I do, it seems that often every minute of every day is always scheduled for something.
4. Sometimes I feel as if I've lost sight of whom I am and why I choose this job/career.
5. I can't remember the last time I was able to find the time to take a day off to do something fun, just for me.
6. I feel stressed out most of the time.
7. I can't even remember the last time I used all my allotted vacation and personal days.
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.
9. I can't remember the last time I read and finished a book that I was reading purely for pleasure.
10. I wish I remember the last time I read and finished a book that I was reading purely for pleasure.
11. I wish I had more time for some outside interests and hobbies, but I simply don't.
12. I often feel exhausted, even early in the week.
13. I can't remember the last time I went to the movies, enjoyed a hobby, or attended some cultural event.
14. I mostly do what I do because so many people depend on me for support.
15. I have missed many of my family's important events because of work related time pressure and responsibilities.
16. I almost always bring work home with me.