

What is Your Current Life "Balance"?

How you feel about your current situation is important. Your attitude determines the **energy** you give to career, family, home environment, physical needs and – perhaps most importantly – the things **you** enjoy doing.

This exercise will help you measure your perception of your current "life balance."

On a scale of 1-5 (1 = never; 5 = always), rate your reactions to the following statements. Then total your score at the bottom.

<u>Career Issues</u>	<u>Never</u>	<u>Seldom</u>	<u>Occasionally</u>	<u>Usually</u>	<u>Always</u>
I feel guilty about devoting so much time to my career.	1	2	3	4	5
I resent having to bring work home.	1	2	3	4	5
I feel frustrated because my income is inadequate.	1	2	3	4	5
I feel guilty when my productivity at work suffers because of home demands.	1	2	3	4	5
 <u>Home Issues</u>					
I feel anxiety and stress because of the many demands placed on me.	1	2	3	4	5
I feel angry because my responsibilities at home are so great.	1	2	3	4	5
My family complains that I don't spend enough time with them.	1	2	3	4	5
I insist that those around me live up to my expectations.	1	2	3	4	5
 <u>Leisure Times</u>					
I feel cheated out of time "just for me."	1	2	3	4	5
I haven't been spending time on my favorite hobby.	1	2	3	4	5
I feel guilty when I take a vacation	1	2	3	4	5
I put off getting regular exercise.	1	2	3	4	5

Total Score: _____

If your score is:

Between 10-20 = You have excellent balance in your life.

Between 21-30 = You have good balance in your life.

Between 31-40 = You need to consider ways to find more balance.

Between 41-50 = You owe it to yourself to make a serious effort to find ways to better balance your life.