

Life Balance Quiz:

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

How many true? _____ How many false? _____

Grab a bag of M&M candies and identify your life choices below: Great things to remember and share!

Red: favorite hobbies

Green: favorite foods

Yellow: favorite movies

Orange: favorite places to travel

Brown: most memorable moments

Blue: things I am really good at