



Work Life Balance Quiz

1. I feel like I have little or no control over my work life
2. I regularly enjoy hobbies or interests outside of work
3. I often feel guilty because I can't make time for everything I want to
4. I frequently feel anxious or upset because of what is happening at work
5. I usually have enough time to spend with my loved ones
6. When I'm at home, I feel relaxed and comfortable
7. I have time to do something just for me every week
8. On most days, I feel overwhelmed and over-committed
9. I rarely lose my temper at work
10. I never use all my allotted vacation days
11. I often feel exhausted – even early in the week
12. Usually, I work through my lunch break
13. I rarely miss out on important family events because of work
14. I frequently think about work when I'm not working
15. My family is frequently upset with me about how much time I spend working