

Are You in Balance?

The Work-Life Balance Quiz

Do you find it difficult to balance the different roles in your life? If so, you're not alone — 58% of Americans report "overload" as a result of the pressures associated with work, home, family, friends, & health.



Take this quiz to see if you're in balance

	Agree	Disagree
1. I feel like I have little or no control over my work life	0	1
2. I regularly enjoy hobbies or interests outside of work	1	0
3. I often feel guilty because I can't make time for everything I want to do	0	1
4. I frequently feel anxious or upset because of what is happening at work	0	1
5. I usually have enough time to spend with my loved ones	1	0
6. When I'm at home, I feel relaxed and comfortable	1	0
7. I have time to do something just for me every week	1	0
8. On most days, I feel overwhelmed and over-committed	0	1
9. I rarely lose my temper at work	1	0
10. I never use all my allotted vacation days	0	1
Total	<input type="text"/>	<input type="text"/>

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What your score means

- 0–3** **Your life is out of balance**
You need to make significant changes to find your equilibrium
- 4–6** **You're keeping things under control – but only barely**
Now is the time to take action before you're knocked off balance
- 7–10** **You're on the right track!**
You've been able to achieve work-life balance – now make sure to protect it

Learn more on how to get and keep
Good Work-Life Balance
by visiting lifesimplifiedstl.com