**Work/Life Balance Questionnaire**

**Type your name here:** Click or tap here to enter text.

***(0 points if never; 1 point if seldom; 2 points if sometimes; 3 points if almost always)***

**Work**

1. Choose an item. I have many interests outside work.
2. Choose an item. I spend as much time after hours with family and friends as with work.
3. Choose an item. I am productive and effective and enjoy my work as much as ever.
4. Choose an item. I work overtime only on special occasions.
5. Choose an item. I’m able to leave my work at my workstation.
6. Choose an item. I’m good at not allowing work to interfere with personal commitments.
7. Choose an item. I work moderately, pace myself and stick to regular working hours.
8. Choose an item. I spend as much time relaxing and socializing as I do working.

**TOTAL Work SCORE**Click or tap here to enter text.

**Friends/Play**

**Self-Care**

**Family**

1. Choose an item. I communicate well with family members.
2. Choose an item. I take an active interest in the lives of family members.
3. Choose an item. My family spends quality time together.
4. Choose an item. My family plays and has fun together.
5. Choose an item. I participate in family celebrations, traditions, and holidays.
6. Choose an item. I have close relationships with other members of my family.
7. Choose an item. My personal life and work life are in harmony.
8. Choose an item. I enjoy being with my family.

**TOTAL Family SCORE** Click or tap here to enter text.

1. Choose an item. I socialize with friends who are not coworkers.
2. Choose an item. I enjoy social gatherings.
3. Choose an item. I enjoy activities that help me unwind and relax.
4. Choose an item. I spend time with friends on a regular basis.
5. Choose an item. My social life and work life are in harmony.
6. Choose an item. I have favorite pastimes and hobbies that I enjoy
7. Choose an item. I enjoy social pastimes where I can relax with friends.
8. Choose an item. It feels good to laugh, have fun and get my mind off work.

**TOTAL Friends/Play SCORE** Click or tap here to enter text.

1. Choose an item. I schedule time each day just for myself to do whatever I want.
2. Choose an item. I have a fun activity or hobby I enjoy.
3. Choose an item. I regularly take time out for meditation, prayer, or self-reflection.
4. Choose an item. I eat nutritional, well-balanced meals.
5. Choose an item. I make sure I get adequate rest and sleep.
6. Choose an item. I make time for daily or weekly physical exercise.
7. Choose an item. I am optimistic and look for the best in myself.
8. Choose an item. I slow down and refrain from gobble, gulp and go.

**TOTAL Self-Care SCORE** Click or tap here to enter text.

***Questions courtesy of Forbes.com***