

## Work/Life Balance Quiz

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

## What Your Score Means

**0 – 5:** Your life is out of balance – you need to make significant changes to find your equilibrium. But you can take control!

**6 – 10:** You're keeping things under control – but only barely. Now is the time to take action before you're knocked off balance.

**11 – 15:** You're on the right track! You've been able to achieve work/life balance – now, make sure you protect it.

The Above Quiz is referred from the Canadian Mental Health Association