

PERFECT BALANCE TEST

I find myself spending more and more time on work-related projects.

True False

I often feel I don't have any time for myself -- or for my family and friends.

True False

No matter what I do, it seems that often every minute of every day is always scheduled for something.

True False

Sometimes I feel as though I've lost sight of who I am and why I chose this business.

True False

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.

True False

I feel stressed out most of the time.

True False

I can't even remember the last time I had a holiday.

True False

It sometimes feels like I never even have a chance to catch my breath before I have to move on to the next project/crisis.

True False

I can't remember the last time I read -- and finished -- a book that I was reading purely for pleasure.

True False

I wish I had more time for some outside interests and hobbies, but I simply don't.

True False

I often feel exhausted -- even early in the week.

True False

I can't remember the last time I went to the movies or visited a museum or attended some other cultural event.

True False

I do what I do because so many people (children, partners, parents) depend on me for support.

True False

I've missed many of my family's important events because of work-related time pressures and responsibilities.

True False

I almost always bring work home with me.

True False

I never seem to find time to exercise and eat right.

True False

YOUR CURRENT BALANCE

