



Work/Life Balance Questionnaire

1. Do you spend more hours than you would like at work? Yes No
2. Do you spend more hours than you would like working at home? Yes No
(Be honest! Business calls, e-mails, projects, etc)

If yes, how many hours do you work at home in an average week?

- 1-4 hours
- 5-9 hours
- 10+ hours

If you have a home-based business, how many more hours than 40 do you work in an average week?

- 1-4 hours
- 5-9 hours
- 10+ hours

3. Do you find yourself thinking about work instead of focusing on home/pleasure activities? Yes No
4. Have you given up activities you enjoy to work? Yes No

If yes, how many activities have you given up?

- 1-3 activities
- 4-6 activities
- 7+ activities

5. Do you get enough sleep, exercise and healthy food? Yes No
6. Do you spend as much time as you'd like with your loved ones? Yes No
7. Do you spend most of your time doing what is most important to you? Yes No
8. Are you happy? Yes No
9. Are you living your ideal life? Yes No

Number of times you marked Yes to items 1 – 4 _____ out of 4 (Lower the better)

Number of times you marked No to items 5 – 9 _____ out of 5 (Lower the better)

If you aren't happy with your answers, call us for a free consultation at 520-870-6327 or 520-370-9043. If you are happy with your answers, congratulations! Be proactive and plan the next steps for your life — call us!