

Life/Work Balance Self-Test

What's Draining You?

Excerpted from Cheryl Richardson "Take time for your life" (1999)

Check All That Apply To You

Relationships

- _____ There are people in my life who continuously drain energy
- _____ I have unreturned phone calls, e-mails, or letters that need to be handled
- _____ I have an unresolved conflict with a family member
- _____ I lack quality friendships in my life
- _____ I feel a void in my life created by a lack of romantic partner
- _____ There is someone I need to forgive
- _____ There is a relationship I need to end
- _____ There is a phone call I dread making, and it causes me stress and anxiety
- _____ I'm currently involved in a relationship that compromises my values
- _____ I miss being a part of a loving and supportive community

Add you check marks: _____

Environment

- _____ My car is in need of cleaning and/or repair
- _____ My wardrobe need updating and/or alterations
- _____ I'd like to live in a different geographic location
- _____ I have appliances that need repair or upgrading
- _____ My home is not decorated in a way that nurtures me
- _____ My closets and/or basement are cluttered and need to be cleaned
- _____ Repairs need to be done around my home or apartment
- _____ My home is cluttered and disorganized
- _____ I miss having more beauty reflected in my environment
- _____ I watch too much television

Add your check marks: _____

Body, Mind and Spirit

_____ I eat food that is not good for me

_____ Something about my physical appearance bothers me

_____ It's been too long since I've been to the dentist

_____ I do not get the sleep I need to feel fully rested

_____ I'd like to exercise regularly but never seem to find the time

_____ I have a health concern for which I've avoided getting help

_____ I have emotional needs that consistently go unmet

_____ There are books that I'd love to read but never seem to find the time

_____ I lack personal interests that are intellectually stimulating

_____ I lack a spiritual or religious practice in my life

Add your check marks: _____

Work

_____ I no longer enjoy my job and have a hard time showing up each day

_____ My work is stressful and leaves me exhausted at the end of the day

_____ My office is disorganized, my desk is a mess, and I have trouble finding what I need

_____ I'm avoiding a confrontation or conflict at work

_____ I tolerate bad behavior from a boss or coworker

_____ I am not computer literate, and it gets in the way of my productivity

_____ I lack the proper office equipment that I need to do my job well

_____ My work does not allow me to express my creativity

_____ I know I need to delegate specific tasks but am unable to let go of control

_____ I feel overwhelmed with the amount of information that enters my life in the form of e-mail, books, magazines, and mail.

Add your check marks: _____

Money

_____ I have tax returns that are not filed or taxes that are not paid

_____ I pay my bills late

_____ I spend more money than I earn

_____ I don't have a plan for my financial future

_____ My credit rating is not what I'd like it to be

_____ I do not have a regular savings plan

_____ I do not have adequate insurance coverage

_____ My mortgage rate is high and I need to refinance

_____ I have debt that needs to be paid off

_____ My will is not up to date

Add your check marks: _____

Add score from each category

Relationships: _____

Environment: _____

Body Mind and Spirit: _____

Work: _____

Money: _____

Are there areas that cause more energy drains than others?