

## 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, emails, 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 the lack of a 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 your check marks: \_\_\_\_\_

### ENVIRONMENT:

- My car is in need of cleaning and/or repair
- My wardrobe needs 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's 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 for
- 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 email, 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 too 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?



