**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, texts 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/email 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: \_\_\_\_x 2 = \_\_\_\_\_\_

**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: \_\_\_x 2=\_\_\_\_\_\_

**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: \_\_\_\_x 2 = \_\_\_\_\_\_

**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 technologically 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, cell phone, internet, books, magazines, and mail

Add your check marks: \_\_\_x 2 =\_\_\_\_\_

**MONEY:**

\_\_\_\_\_ I have tax returns that are not filed or taxes that are not paid

\_\_\_\_\_ I pay my bills late

\_\_\_\_\_ I spend more money that 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: \_\_\_\_x 2 =\_\_\_\_\_

**Add score from each category:**

Relationships: \_\_\_\_\_\_\_\_\_\_

Environment: \_\_\_\_\_\_\_\_\_\_

Body, Mind, and Spirit: \_\_\_\_\_\_\_\_\_\_

Work: \_\_\_\_\_\_\_\_\_\_

Money: \_\_\_\_\_\_\_\_\_\_

Total: \_\_\_\_\_\_\_\_\_\_\_

If you imagine your inner barometer begins with 100 points, what’s your level now? (Most people have at least 75% of their mental energy tied up in these types of distractions).

How much energy do you have left for what is really important?

Are there areas that cause more energy drains than others?