

# Assessment Questionnaire: Life balance



The Sky's NO Limit

How good are you at balancing the various aspects of your life? Part of achieving the right balance is knowing your values and priorities so you can allocate more time to those areas that are most important to you. Goals and priorities can change over time, so a regular review can be illuminating.

This questionnaire provides a look at finding a balance between work, family, friends, activities, exercise, and time for your self.

Please read each statement and record your level of agreement on the scale of 1 to 5.

1 = Completely False  
2 = Mostly False  
3 = Neither True or False

4 = Mostly True  
5 = Completely True

1 2 3 4 5

1. I find that I am focusing a lot of my time and energy on one aspect of my life.
2. I have felt upset because so much of my time has been dedicated to my work, that I have had little time for my family or friends.
3. I often think that given my current priorities in life, I am making a sacrifice.
4. I have not been able to exercise or do recreational activities due to pressures of work.
5. My career (or another aspect of my life) has been taking a huge investment in time and energy.
6. I know all of the aspects that I would like to have included in my ideal life and some of them are definitely missing.
7. Close family members, significant others, or friends tell me that I am overwhelmed in certain areas and neglecting others.
8. I have thoughts like, 'I wish I was able to do more of...'
9. I have dreams at night that I am doing all the things I want to do, but don't have time for when awake.
10. My life is very well balanced right now, however, I actually wish I was doing even more of one thing and less of another.
11. My mood had been down or negative because I feel frustrated that I am not doing something that is important to me.
12. I have thoughts like, 'If only I could win the lottery or make it big, I would not be working so hard.'
13. There are several important things I need to do, but am not able to do any of them, because there simply is not time in the day.
14. I find that I get frustrated because I am not able to spend time with my family/friends or have some time for myself.
15. In the past two weeks, I've noticed that I spend a huge amount of time doing a certain activity, that I don't want to spend time on.
16. I feel uninspired and have a lack of energy to do what I need to get done.
17. I feel like I am missing out on the things that mean the most to me.
18. I have thought that I have made poor decisions about how to invest my time and energy.
19. I think, wouldn't it be amazing if I could spend more time doing the things that bring me the most satisfaction or joy?'
20. When I think about what I have done, I feel sad because I realise all of the things I have not done that I wanted to.
21. I complain about the lack of balance in my life.
22. I do not feel in control of my life or future.
23. I am not really sure what my priorities are, so I try to do too much.
24. Significant people in my life complain that they do not spend enough time with me and this bothers me.
25. Since I am doing too much, I end up sacrificing areas that could impact on my health, e.g. sleep, proper nutrition, and exercise.
26. I know that people can devote most of their lives to one area and feel happy, but I have been doing that and feel miserable.
27. I find it hard to get the energy to get going since I do not want to do the things I need to do.
28. I have trouble saying no to things I do not want to take on and as a result I am doing a lot of things I have no interest in.
29. I feel that I am doing many things because I have to, not because I want to.
30. People have told me that I do not seem fulfilled and that I often talk about what I would rather be doing in other areas of my life.

31. Name

32. Email

33: Tel No,

Thank you for taking the time to fill out the form - we aim to respond to your form within 2 working days