



Do You Need to Rebalance?

	<i>Frequently</i>	<i>Sometimes</i>	<i>Never</i>
1. I feel like I have little or no control over my work life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I enjoy hobbies or interests outside of work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I feel guilty because I can't make time for everything.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I feel anxious or upset because of what's happening at work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have enough time to spend with my loved ones.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. When I'm at home, I feel relaxed and comfortable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I have time to do something just for me each week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. On most days, I feel overwhelmed and over-committed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I lose my temper at work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I use all my allotted vacation days.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I feel exhausted – even early in the week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I work through my lunch break.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I miss out on important family events because of work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I think about work when I'm not working.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. My family is upset with me about how much time I spend working.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>