



Balancing Work, Family and Personal Needs

Use this exercise to measure the degree of balance you have between the demands of work, family responsibilities and personal time.

Answer each question with a number from this scale:

ALWAYS					NEVER
5	4	3	2	1	

AT HOME

Does your family complain that you don't spend enough time with them?	
Do you often feel anxious about the demands of your family?	
Do responsibilities at home make you resentful?	
Do you expect your family to adapt to your career needs?	
SUBTOTAL	

AT WORK

Do you feel frustrated because your income is not enough?	
Do you feel guilty about the time you spend on your career?	
Do you resent having to bring work home?	
Do you worry that your work interferes with family needs?	
SUBTOTAL	

PERSONAL

Do you feel there's never enough time for yourself?	
Do you feel guilty about taking a vacation?	
Do you wish you got more exercise?	
Do you feel you never get to do what you like to do?	
SUBTOTAL	
TOTAL	

- A total score of less than 20** indicates you've learned to balance family, career and personal needs successfully.
- 21-30** indicates a good balance with some need for improvement.
- 31-40** indicates a fair balance.
- 41-50** you're struggling to keep your life balanced and probably feel the strain.
- 51-60** shows that you're barely managing the juggling act of home, career and personal needs.

A high score in only one area indicates a need to organize your life so that area takes less of your time and energy.

**Contact Your Employee Assistance Program
Outcomes, Inc. (505)243-7145 or 1-800-677-2947**