

BALANCE SCALE



How you feel about your current situation is important. It determines the energy you give to career, family, home environment, physical needs, and perhaps most importantly, the things you enjoy. To measure the degree of balance in your life, complete this exercise.

	Always	Often	Some-times	Rarely	Never	
HOME ISSUES						
A. There are so many demands placed on me that I feel anxiety and stress						
B. Responsibilities at home are so great that I feel angry at my lot in life						
C. My family complains I don't spend enough time with them						
D. I insist those around me live up to my expectations						
CAREER ISSUES						
A. I feel guilty about devoting so much time to my career						
B. I resent having to bring work home						
C. Inadequate income causes me to be frustrated						
D. I feel guilty when my productivity at work suffers because of home demands						
LEISURE ISSUES						
A. I feel cheated out of time "just for me"						
B. My favorite hobby has been ignored						
C. I feel guilty when I take a vacation						
D. I put of getting regular exercise						
Total each column:						
Multiply totals by:	X5	X4	X3	X2	X1	
TOTALS:						

TOTAL

10 – 20, excellent balance; 21 – 30, good balance; 31 – 40, fair balance; 41 – 50, poor balance

NOTE: Examine each category of issues. If you selected "always" or "often" consistently in any one category, perhaps that area needs attention to bring better balance to your life.