

**So here we go..... Award yourself the # of points pertaining to each item and add your score up at the end and see your results.**



**1. I daily set my work aside at a reasonable time**

- a. Never (1 point)
- b. Almost Never (2 points)
- c. Sometimes (3 points)
- d. Fairly Often (4 points)
- e. Often (5 points)

**2. I take a break to rejuvenate every few hours during my workday.**

- a. Never (1 point)
- b. Almost Never (2 points)
- c. Sometimes (3 points)
- d. Fairly Often (4 points)
- e. Often (5 points)

**3. I feel energetic and productive at work**

- a. Never (1 point)
- b. Almost Never (2 points)
- c. Sometimes (3 points)
- d. Fairly Often (4 points)
- e. Often (5 points)

**4. I take time for relaxation/recovery during my day.**

- a. Never (1 point)
- b. Almost Never (2 points)
- c. Sometimes (3 points)
- d. Fairly Often (4 points)
- e. Often (5 points)

**5. I sleep 8 hours per day.**

- a. Never (1 point)
- b. Almost Never (2 points)
- c. Sometimes (3 points)
- d. Fairly Often (4 points)
- e. Often (5 points)

**6. I enjoy a hobby at least once a week**

- a. Never (1 point)
- b. Almost Never (2 points)
- c. Sometimes (3 points)
- d. Fairly Often (4 points)
- e. Often (5 points)

**7. I take time to enjoy physical recreation regularly**

- a. Never (1 point)
- b. Almost Never (2 points)
- c. Sometimes (3 points)
- d. Fairly Often (4 points)
- e. Often (5 points)

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**8. I find a way to enjoy humor and the lighter things in life**

- a. Never (1 point)
- b. Almost Never (2 points)
- c. Sometimes (3 points)
- d. Fairly Often (4 points)
- e. Often (5 points)

**9. I feel connected to my family**

- a. Never (1 point)
- b. Almost Never (2 points)
- c. Sometimes (3 points)
- d. Fairly Often (4 points)
- e. Often (5 points)

**10. I make regular time to connect with my friends**

- a. Never (1 point)
- b. Almost Never (2 points)
- c. Sometimes (3 points)
- d. Fairly Often (4 points)
- e. Often (5 points)

**Your Results:**

**(10-19 points):** Based on your answers, it's time to begin to consider your balance and focus on carving out more "margin" for yourself (things that help bring better balance, relaxation, rejuvenation and recovery back to your life). Review the behaviors that you described doing Never or Almost Never and identify what area you would most like to improve upon first. You can begin your journey wherever you would like, but you are much more apt to get started with the one you are most interested, motivated and confident you can change.

**(20-30 points):** Your answers indicate that you've been taking time to invest in yourself, your family and have a healthy work/life balance. However, your "balance" practices have room for improvement. Take a moment and review the items that you described doing Never, Almost Never and Sometimes and choose 1 or 2 ways that you feel especially motivated to begin investing in yourself more this week.

**(31-40 points):** Congratulations! Your answers indicate you are very balanced and have strong "Balance Muscles". You not only have an awareness of the importance of intentionally creating space, investing in yourself and others—you also have developed some of the skills and habits to take your balanced lifestyle to the next level through other healthy practices! Take a moment to review the items that you described doing Never, Almost Never and Sometimes and choose 1 or 2 ways that you feel especially motivated to begin investing in yourself more this week.

**(41-50 points):** You are doing fantastic! Congratulations! You have very strong "margin muscles" and invest consistently in yourself, others and your work in a balanced fashion and have the knowledge and skills to experience all the benefits of a rich and fulfilling life. Way to go! Keep up the great work!

Before you can add another thing to your busy life it's important to take care of the one balancing everything-YOU!

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