



**THREE PIECE LIFE**  
eCOACHING *with* TIM JOHNS

# Work, life questionnaire

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Getting the balance right between work and life is crucial to our happiness. In this worksheet, you'll be answering questions that will reveal both your attitude to work/life balance and whether your current situation is a healthy one.



# Work, life questionnaire (1/3)

	STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE
OVERALL					
I am satisfied with my work/life balance					
I am getting what I want out of life					
I manage the right balance between work and life					
If I lived my life again I would change very little					
I have very few unrealised ambitions					
I am postponing some life choices until I am more financially secure					
I am postponing some life choices until I retire					
I often have to make tough choice between work and personal life					
I get the sleep that I need					
I have the energy that I need for both work and my personal life					

# Work, life questionnaire (2/3)



	STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE
<b>WORK</b>					
I define myself by my job					
My career means a lot to me					
Work comes before everything else					
I only work to pay the bills					
I feel properly rewarded for my work					
My work stretches me intellectually					
Work takes up too much of my time					
I really enjoy my commute					
My relationship with work is healthy					
I can fit in all my other interests around work					
Some people say that I work too hard					
I rarely feel under too much pressure at work					
I rarely stay late at work					
I rarely feel stressed by my work					

# Work, life questionnaire (3/3)



LIFE	STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE
I have time to exercise and stay healthy					
I have time for all my interests and hobbies					
I always put family time first					
I make time for socialising with my friends					
I play and active role in my community					
I am always looking for new interests					
I never miss important family occasions					
I play/did play an active role in my children's education					
I sometimes bring work home					
I often deal with work issues at the weekend					
I frequently answer work emails at home					
I often have to make tough choices between work and family time					
I am often too tired to enjoy my other interests					
I wish I could find a better balance in my life					