

# How good is your Work-Life Balance



Read each quiz question and tick the relevant box. The points value of each answer is written in the top right hand corner of the box. You will be given a score at the end of the quiz that will help you better understand your work/life balance.

How often do you...	Regularly	Sometimes	Never
Sit down to eat lunch (not at your desk)?	3	2	1
Leave work on time?	3	2	1
Say no to a request at work?	3	2	1
Skip a social/family event because of work?	1	2	3
Make fun plans for the weekend?	3	2	1
Feel overwhelmed and/or overcommitted?	1	2	3
Make time for exercise or hobbies?	3	2	1
Feel guilty/worried/stressed about work?	1	2	3
Go to bed before 10pm?	3	2	1

## TALLY YOUR SCORE!

### 7-9 POINTS = THE WORK/LIFE BALANCE MASTER

Congratulations! You have mastered the art of knowing when to give and when to place a boundary between you and your job. You are a dedicated teacher who prioritises your emotional health so that you're in a position to give out with a happy heart.

### 4-6 POINTS = THE MIDDLE OF THE ROAD TEACHER

Bravo, my hardworking friend. While there are times when you could focus more on your own needs, it looks like you're well on your way to achieving the work/life balance you desire! Just remember that when you're running on empty, it's hard to give out like you want to.

### 1-3 POINTS = THE WORKAHOLIC

By the sounds of it, you're feeling a bit overwhelmed and tired. We know you work incredibly hard and always give 110%, but the burnout is real, and we'd hate for you to become demotivated from fatigue. Start small this week: just change one tiny habit and then pat yourself on the back. You've already made a decision that your wellbeing will thank you for!



# My healthy Boundary Goals

Reflect on your values, as well as your current schedule,  
and write down 5 healthy boundaries that you  
would like to implement into your life.

My healthy boundary goal	A score out of 10 for how I'm currently doing with this habit is:	By the below date, I would like to be consistent with this habit:	I will measure success by:
1)			
2)			
3)			
4)			
5)			

**GREAT JOB!**

Remember that the most important thing is consistency,  
so put this list somewhere visible and  
stick to your guns. You've got this!