

Are You Out of Balance?

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Test yourself on these signs of imbalance. Rate yourself on a scale of 0 to 5.

0 = the situation never applies to you, 1 = rarely, 2 = sometimes, 3 = about half the time, 4 = often, and 5 = always.

- _____ 1. I lack mental energy.
- _____ 2. I have headaches and/or assorted physical discomforts.
- _____ 3. I am generally fatigued and often get up tired in the morning.
- _____ 4. I am frustrated with how my life is going now.
- _____ 5. I feel overwhelmed with responsibility.
- _____ 6. My work takes all of my energy.
- _____ 7. My family makes too many demands on me.
- _____ 8. I feel depressed.
- _____ 9. I tend to overeat, especially sweets.
- _____ 10. I have financial concerns.
- _____ 11. I never have time for myself.
- _____ 12. My needs wait until everything else is taken care of.
- _____ 13. I smoke or have more than five drinks a week.
- _____ 14. I have little joy or fun in my life.
- _____ 15. I have no time to exercise.
- _____ 16. I am not especially interested in sex.
- _____ 17. I don't have time for my friends.
- _____ 18. I spend too little (or too much) time with my family.
- _____ 19. I have trouble concentrating or focusing.
- _____ 20. I'd like to make changes in my life but don't know how.

- _____ TOTAL

This is an indicator of your level of balance. The goal is to have a low total. Take this quiz every month to gauge your progress in balancing your life.



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