

Questionnaire

Your work-life balance

Do you live to work
or work to live?

LIVEWORKSHEETS

Do you ... ?

Me T S1 S2

| | | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| 1 like your work | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 have many free time activities | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 spend a lot of time with family and friends | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 relax at weekends | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 have breakfast before you go to work | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 travel far to work | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 sometimes stay late at work | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 often bring work home | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 have trouble sleeping | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 think about work when you are at home | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

KEY

Answers 1–3 2 points for YES ✓ | 6–8 points = You have a good work-life balance.

Answers 4–5 1 point for YES ✓ | 3–5 points = Work-life balance is OK.

Answers 6–10 0 points for YES ✓ | 0–2 points = Not OK. You live to work.



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