

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	☐	☐	☐	☐
2 have many free time activities	☐	☐	☐	☐
3 spend a lot of time with family and friends	☐	☐	☐	☐
4 relax at weekends	☐	☐	☐	☐
5 have breakfast before you go to work	☐	☐	☐	☐
6 travel far to work	☐	☐	☐	☐
7 sometimes stay late at work	☐	☐	☐	☐
8 often bring work home	☐	☐	☐	☐
9 have trouble sleeping	☐	☐	☐	☐
10 think about work when you are at home	☐	☐	☐	☐

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.

