



Life Balance Assessment

It is easy to get caught up in the demands of one aspect of life to the exclusion of equally important others. The problem is, we often do not notice the imbalance until it has already negatively impacted those other priority areas of our lives. If you are concerned with your quality of life when it comes to balancing all the areas of life that matter to you, then it is time to take a pause and re-evaluate how you are spending your time and energy.

Completing a simple assessment like the one below is an excellent way to determine where you may need to make adjustments that reflect your highest values and priorities in life.

Instructions: Answer each question using the rating scale below. When you have answered all of the questions, enter your name and email address to receive your confidential Life Balance Assessment report.

1
2
3
4
5
 Less True More True

Statement	Response
1. I often find that I am focusing a lot more of my time and energy on one aspect of my life than I would like.	
2. Lately I have felt upset because so much of my time has been dedicated to my work that I have had little time for my family or friends.	
3. Given my current priorities in life, I feel I am making a sacrifice right now.	
4. The fact that I have not been able to exercise or do recreational activities lately has been causing me distress.	
5. I am <i>not</i> happy about the huge investment that my career or another aspect of my life has been lately.	
6. I know all of the aspects that I would like to have included in my ideal life and some of them are definitely missing.	
7. My close family members, significant other, or friends have recently told me that I am overwhelmed in certain areas and neglecting others. This really bothers me and I think it's true.	
8. I often have thoughts like, "I wish I was able to do more of..."	



9. I have dreams at night that I sometimes do not want to wake up from because in them I am doing all the things I want to do.	
10. My life is well balanced right now, however, I actually wish I was doing even more of one thing and less of another.	
11. My mood had been down or negative lately because I am frustrated that I am not doing something that is important to me since I have to spend so much time doing something that is not so important to me.	
12. I commonly have thoughts like, "If only I could win the lottery or make it big, I would not be working so hard."	
13. I have always wanted to do several important things, but am <i>not</i> able to do any of them right now because there simply is not time in the day.	
14. I find that I get frustrated often because I am not able to spend time with my family/friends or have some time for myself.	
15. In the past two weeks, someone has observed that I spend a huge amount of time doing a certain activity. That got me thinking that I don't want to spend so much time on that activity.	
16. On a typical day, I feel uninspired and I lack energy to do what I need to get done.	
17. I often feel like I am missing out on the things that mean the most to me.	
18. It is typical for me to think that I have made poor decisions about how to invest my time and energy.	
19. I frequently think, "wouldn't it be amazing if I could do more of the things that bring me the most satisfaction or joy?"	
20. When I think about what I have done over the past month, I feel sad because I realize all of the things I have not done that I wanted to.	
21. At least two people have told me lately that I have been complaining a lot about the lack of balance in my life.	
22. I do <i>not</i> feel in control of my life or future.	
23. I am <i>not</i> really sure what my priorities are right now, so I find myself trying to do too much.	
24. Significant people in my life have complained that they do not spend enough time with me and this bothers me.	



25. Since I am trying to do too much, I end up sacrificing areas that could impact on my health, such as sleep, proper nutrition, or exercise.	
26. I know that some people can devote most of their lives to one area and feel happy doing that, but I have been doing that and it makes me feel miserable.	
27. I sometimes find it hard to get the energy to get going since I do not want to do the things I need to do.	
28. I have trouble saying no to things I do not want to take on and as a result I am doing a lot of things I have little interest in.	
29. I feel that I am doing many things because I have to, not because I want to. This idea often upsets me.	
30. At least a couple people have told me that I do not seem fulfilled and that I often talk about what I would rather be doing in other areas of my life.	

My Name Is:	
My Email Address Is:	

Assessment Developed by: Milana Leshinsky and Larina Kase, Psy.D., M.B.A.

Look forward to your Life Balance Assessment report arriving in your inbox soon!

This confidential assessment tool is provided courtesy of the Southlake Center