



Achieving a Work/Life Balance

-Questionnaire, Guidelines and Plan-

constantior



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Work/Life Preferences Questionnaire

Below you will find a series of paired numbered statements, a 'W' statement and an 'L' statement. You are asked to distribute 10 points between the 2 statements. You might give all 10 points to the 'W' statement and no points to the 'L' statement. This would indicate that the 'W' statement comes **closest** to describing your behaviour or feelings and the 'L' statement is not at all descriptive. You might give equal points (5 points to 'W' 5 points to 'L') if both statements fit your behaviour about equally. For each question 'W' plus 'L' should equal 10.

1W. I am driven by the demands of my work. Points =	1L. I am absorbed in my life outside work. Points =
2W. I put just about all my energies into my work. Points =	2L. I put just about all my energies into my personal life. Points =
3W. I talk mostly about my work. Points =	3L. I talk mostly about my family, hobbies and interests. Points =
4W. I carry on working whilst on holiday. Points =	4L. I never work when on holiday. Points =
5W. I constantly look for new experiences at work. Points =	5L. I constantly look for new experiences outside of work. Points =
6W. I mostly enjoy work-related relationships. Points =	6L. I mostly enjoy non-work related relationships. Points =
7W. I put my career first. Points =	7L. I put my family first. Points =
8W. I love the stimulus my work provides. Points =	8L. I love the stimulus my family and home life provides. Points =
9W. I don't need a social life. Points =	9L. I really need a social life. Points =
10W. I take physical exercise infrequently. Points =	10L. I take physical exercise frequently. Points =
11W. I fit in my family around work. Points =	11L. I fit in my work around my family. Points =
12W. I regard hobbies/interests as time-wasting. Points =	12L. I thrive on my hobbies and interests. Points =
Total 'W' Score =	Total 'L' Score =

Work/Life Balance - Interpretive Notes

Objective

To review your behaviour and judge the level of your Work/Life Balance behaviours.

Procedure

Record your 'W' and 'L' score below:

W = L =

'W' = Work Orientated Behaviours.

'L' = Life (outside of work) Behaviours.

Interpretation

A 'W' score over 90 indicates higher than average use of 'W' behaviours; suggests an under-utilisation of 'L' behaviours. Note: review your questionnaire. Where could you reduce your 'W' behaviours and increase your 'L' behaviours?

An 'L' score over 90 indicates higher than average use of 'L' behaviours; this suggests an under-utilisation of 'W' behaviours. Note: review your questionnaire. Where could you reduce your 'L' behaviours and increase your 'W' behaviours?

If scores are close (W=L), this is in line with averages: each individual still has to determine if he/she is totally in touch with and fully utilising his/her own 'W' and 'L' behaviours.