

Work-Life Balance Questionnaire

1. How often do you think about work outside of work hours?
 - Rarely or never: 1 point
 - Sometimes: 2 points
 - Often: 3 points
 - Almost always: 4 points

2. How often do you take breaks or vacations from work?
 - Regularly: 1 point
 - Occasionally: 2 points
 - Rarely: 3 points

3. How often do you cancel personal plans because of work?
 - Rarely or never: 1 point
 - Sometimes: 2 points
 - Often: 3 points
 - Almost always: 4 points

4. What's more important to you, work or personal obligations?
 - Personal obligations: 1 point
 - Work obligations: 2 points
 - It depends: 3 points

5. How satisfied are you with the time you spend with family and friends?
 - Very satisfied: 1 point
 - Moderately satisfied: 2 points
 - Neutral: 3 points
 - Moderately dissatisfied: 4 points
 - Very dissatisfied: 5 points

6. How often does work prevent you from doing hobbies or leisure activities?

- Rarely or never: 1 point
- Sometimes: 2 points
- Often: 3 points
- Almost always: 4 points

7. Can you adjust your work schedule to accommodate personal commitments?

- Yes, definitely: 1 point
- To some extent: 2 points
- Not really: 3 points
- Not at all: 4 points

8. How often do you feel tired because of work?

- Rarely or never: 1 point
- Sometimes: 2 points
- Often: 3 points
- Almost always: 4 points

9. Can you stop thinking about work when you're not working?

- Yes, always: 1 point
- Sometimes: 2 points
- Rarely: 3 points
- Never: 4 points

10. How satisfied are you with your work-life balance overall?

- Very satisfied: 1 point
- Moderately satisfied: 2 points
- Neutral: 3 points
- Moderately dissatisfied: 4 points
- Very dissatisfied: 5 points

The total number of points you receive at the end of the questionnaire shows how well you balance your work and personal life.

Lower total points (closer to 10):

If you have a lower total score, it means you have a good balance between work and personal life. You prioritise your personal life, take breaks when needed, and rarely have to cancel personal plans because of work. You generally feel satisfied with how you manage both aspects of your life.

Moderate total points (between 11 and 20):

If you have a moderate total score, it means your work-life balance is fairly balanced. Sometimes you think about work outside of work hours, and you take breaks or vacations occasionally. Occasionally, you may face conflicts between work and personal obligations, but overall, you have a reasonable satisfaction with your work-life balance.

Higher total points (above 20):

If you have a higher total score, it means there may be an imbalance between work and personal life. You often think about work outside of work hours and rarely take breaks or vacations. You tend to prioritise work over personal obligations, which may lead to higher stress levels and lower satisfaction with your work-life balance.

Please remember that everyone's situation is different, and what works for one person may not work for another. The total points are just a general indication and should be considered along with personal circumstances and preferences. Work-life balance is subjective and can depend on individual values and job requirements.