



BetterBalance Coaching Coaching Tool Kit

Work / life Balance Questions



Jeff Gill I.C.F. Professional Certified Coach



Personal work/life balance questionnaire

	Never	Generally	Always	
Do you start and finish work on time?	1	2	3	4
Do you work more than your agreed number of hours?	1	2	3	4
Do you take work home?	1	2	3	4
Do you allow contact from work when on holiday?	1	2	3	4
When you want to can you easily take time off to attend 'home' events like school sports days and birthdays etc?	1	2	3	4
Can you easily take time off for 'home crisis' for example flooding, accidents or illness involving loved ones?	1	2	3	4
Do you have the time and energy to fulfil your responsibilities outside of work to your satisfaction?	1	2	3	4
Do you have the time and energy to engage in any leisure activities that you want to do?	1	2	3	4
Are you too tired to carry on a conversation when you get home from work?	1	2	3	4
Can you spend the time you want on your own self-development?	1	2	3	4
Do you sometimes choose going to work or overtime as an easier option to fulfilling the family responsibilities of being at home?	1	2	3	4
Do you have enough time to think?	1	2	3	4
Do you fulfil your role within the community as you would like to?	1	2	3	4
Do you cancel or change holidays due to pressures of work?	1	2	3	4
Do you cancel important social arrangements due to work?	1	2	3	4
Do you ever consider changing jobs to help achieve a better work/life balance?	1	2	3	4
Does your partner or children ever complain that you don't have enough quality time for them?	1	2	3	4
Is your ability to achieve your desired balance between work and life ever a source of personal stress, worry or ill health?	1	2	3	4



My notes from the work/life balance questions

What did you notice from completing the questionnaire? Are there any areas in particular that you would most like to improve? What would you gain from making changes and improvements?

