

Work/Life Balance – Personal Assessment

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Please place a **green dot** to the left of the statements that are totally “**true**” for you.
Please place a **yellow dot** to the left of the statements that are sometimes “true” and sometimes “false.”
Please place a **red dot** to the left of the statements that are most always “**false**” for you.

- I intentionally do not tell people how hard I work, or how many hours I work, nor do I thrive on the “applause” of others about my strong work ethic.
- The number of hours I work each week is beneficial for my physical, emotional, and mental health; my family relationships; and my spiritual life.
- I build “margins” into my schedule, so I have time to deal with unexpected things. . . others’ emergencies, weather challenges, late flights, car break-downs, and illnesses, etc.
- My spouse is generally happy with the amount of time I give to my work each week.
- I intentionally schedule, on a regular basis, time alone, during which time I can unplug from work, family, and friends in order to rest, renew, reflect, read, recreate, etc.
- For the most part, I am well rested and do not live on the edge of physical, mental, and/or emotional exhaustion.
- When I am away from my work location (day off, vacation, evenings, etc.), I am not preoccupied with what is happening with the work and/or ministry God has entrusted to me.
- Rather than rushing into the responsibilities of my day, I start each day slowly by connecting with God through the Scriptures, prayer, reflection, and meditation – quieting my heart to hear what the Spirit desires to say to me each morning.

- I have a health and fitness plan in place that works for me.
- I execute my health and fitness plan so that I meet my personal goals at least 75% of the time.
- My identity, self-concept, and value are not determined by my work, employment title, amount of money I earn, and/or how I am perceived by others in the church world and/or marketplace.
- I honor God and the Sabbath principle by setting aside at least one day a week to enjoy God, my family, hobbies, and rest.
- I do not need to be in control of everything or everybody in my workplace in order to feel like I'm doing a good job.
- The amount of time I spend daily on the internet (e.g., surfing the web, Facebook and other social media) contributes positively to a healthy work/life balance for me.
- I feel good about the amount of quality and quantity time I am spending with my spouse, children, and/or grandchildren each day and/or week.
- I have someone to whom I am accountable – someone who has my permission to speak openly into my life about my priorities, schedule, pace of life, attitude, etc.

ACTION STEPS: After you have completed this personal assessment, please use the space provided (under each statement) to write a specific, measurable, and attainable ACTION STEP/GOAL for one to three areas of your life you seriously desire to strengthen in the coming weeks and/or months.

ACCOUNTABILITY: Since follow-through on action steps is much more likely when there is accountability, please write the name of someone with whom you will share this assessment and your action steps. AND when do you intend to have this “accountability conversation”?