



How do you feel about your life balance?

Mark on the scales below where you think you are on the continuum.

<p>You constantly feel tired, like you're running uphill all the time and getting nowhere</p>	<p>1 2 3 4 5 6 7 8 9 10</p>	<p>You feel you have energy and resources that you can put towards career, personal development, family and community</p>
<p>You feel you have no control over where your life is going</p>	<p>1 2 3 4 5 6 7 8 9 10</p>	<p>You feel a sense of control over your life, you know where you are going as well as where you are.</p>
<p>You feel that life seems to be happening to you</p>	<p>1 2 3 4 5 6 7 8 9 10</p>	<p>You feel that you are managing your life</p>
<p>You can think of more things that aren't getting done than are getting done</p>	<p>1 2 3 4 5 6 7 8 9 10</p>	<p>You can think of more things that are getting done than aren't</p>
<p>You see more negative in your life than positive</p>	<p>1 2 3 4 5 6 7 8 9 10</p>	<p>You see more positive in your life than negative</p>
<p>You feel like you have no choices and that the decisions you make are forced sacrifices</p>	<p>1 2 3 4 5 6 7 8 9 10</p>	<p>You feel that the decisions you make are informed choices</p>
<p>You feel guilt and regret as you struggle to fulfill your multiple responsibilities</p>	<p>1 2 3 4 5 6 7 8 9 10</p>	<p>You are able to fulfill multiple responsibilities at home, work and in the community without guilt or regret</p>
<p>You feel unhealthy physically, emotionally and socially</p>	<p>1 2 3 4 5 6 7 8 9 10</p>	<p>You feel healthy physically, emotionally and socially</p>
<p>You feel you don't have any time for self -- or for family and friends.</p>	<p>1 2 3 4 5 6 7 8 9 10</p>	<p>You feel you have time for self, family and friends.</p>

How did you score?

There are 5 phases that people go through on the journey to achieving the work life, family life, and personal life we want*. Use your score to learn more about the phase of the journey you might be in.

Total Score 1-18

The first one is a **struggle** stage, where you might not even know and understand what it is that you're missing. You just know that you feel out of kilter, out of control.

Total Score 18-35

The second stage is the **juggle** stage, which is where you begin to understand what's missing and try to develop tricks and techniques that allow you to create a sense of control in your life. This stage tends to be very precarious, and the skills that allow you to juggle two balls might fail as soon as a third ball is added to juggle.

Total Score 36-53

The third stage is work-life **balance** where you actually begin to fulfill your multiple responsibilities, where you have a sense of equilibrium, a sense of control, but you focus all your energies on today and getting through the day-to-day, and you really don't have enough energy, resources or time to look at in the future.

Total Score 54-71

The fourth stage is work-life **integration**, where you're not only able to fulfill all your work responsibilities but you also have energy and resources that you can put towards career planning, career development, personal growth and development. You have a sense of where you're going as well as where you are.

Total Score 72-90

The fifth and final stage is work-life **harmony**, where you've got a sense of control of all aspects of your life. You're managing your physical well-being, your career, your household, your finances, your relationships. As well, you have the energy and resources to harmonize your community involvement, your sense of spirituality, and your sense of well-being, at home and in the community at large.

* Based on The Government of Canada Labour Program website

Questions to ponder

How do you respond to the questions, and to your score?

What did you learn about yourself?

What's next for you?