



How Well Are You Balancing Work and Family?

Some people compare their busy lives to a giant jigsaw puzzle. The whole picture is complete when all the parts fit smoothly together. How well do the pieces of your life fit together? This quiz will help you assess whether you need to fine-tune your work-family balancing skills.

Yes No

At Home

Is your family satisfied with the amount of time you spend with them each week? Yes No

Does your family have regular meetings to discuss chores, errands and other family topics? Yes No

Do you communicate your expectations about household responsibilities in a positive way? Yes No

Do you plan and prepare meals in advance? Yes No

At Work

Do you have long-term career goals? Yes No

Do you understand and agree with your employer's expectations of you? Yes No

Yes No

Is the number of hours you spend at work sufficient to complete your job? Yes No

Is your income sufficient to support you and your family? Yes No

Leisure Time

Do you follow a regular exercise program? Yes No

Have you taken a vacation in the last year? Yes No

Do you take time to develop your personal interests, such as gardening, crafts and education? Yes No

Do you feel comfortable taking time for yourself, without your spouse or children? Yes No

If you answered "no" to more than three of these questions, you may need to fine-tune your balancing act. Take some time to organize your home life and set long-term goals at work.