

Your score

1 = Most of the time

2 = Sometimes

3 = Rarely

- | | | |
|----|--|--------------------------|
| 1 | Do you have a sense that you are not spending your time the way you want to? | <input type="checkbox"/> |
| 2 | Do you feel harassed; obligated to do too many things you really don't want to do? | <input type="checkbox"/> |
| 3 | Do you lack a feeling of self-satisfaction and accomplishment from your work? | <input type="checkbox"/> |
| 4 | Do you work long hours? | <input type="checkbox"/> |
| 5 | Do you take work home on evenings or weekends? | <input type="checkbox"/> |
| 6 | Do you experience an inner frenzy while at work? | <input type="checkbox"/> |
| 7 | Do you feel you should be doing a better job? | <input type="checkbox"/> |
| 8 | Is your job boring? | <input type="checkbox"/> |
| 9 | Do you struggle to give your family as much quality time as you would like? | <input type="checkbox"/> |
| 10 | Do you lack the time to keep physically fit? | <input type="checkbox"/> |
| 11 | Do you lack time to engage in a favourite hobby, sport, good book, spiritual practice etc? | <input type="checkbox"/> |
| 12 | Do you lack the time to take the holidays and long weekends you would like? | <input type="checkbox"/> |
| 13 | Are you easily distracted from critical tasks? | <input type="checkbox"/> |
| 14 | Do you feel that you don't have enough free, unstructured time? | <input type="checkbox"/> |
| 15 | Have you lost your sense of humour? | <input type="checkbox"/> |
| 16 | Do you lack the time to spend deep introspective time with yourself or others? | <input type="checkbox"/> |
| 17 | Do you always seem to be rushing between places and events? | <input type="checkbox"/> |
| 18 | Do you find yourself preoccupied with one thing when you're doing something else? | <input type="checkbox"/> |

Add up all the boxes for your total score
