

THE CHALLENGES FOR LEADERS LIVING MORE BALANCED LIVES

	1 = Strongly disagree Strongly agree = 5				
1. There is always more work to do than time to do it in. This is true whether I work 20, 40 or 60 hours a week.	1	2	3	4	5
2. Many aspects of my job have little “push back” - I am the only person who has the knowledge and/or relationships to do certain tasks.	1	2	3	4	5
3. More often than not I am the person people want, need or prefer to meet with.	1	2	3	4	5
4. It’s not unusual for my work to be put on hold in order to respond to others’ needs in a timely way.	1	2	3	4	5
5. If there is a deadline that hasn’t been met, by default it ends up my responsibility.	1	2	3	4	5
6. Too often my “to-do” list includes more urgent and important tasks than I can get to.	1	2	3	4	5
7. It’s easy for me to become the “bottle neck” - if I don’t get to something I hold others up.	1	2	3	4	5
8. There is a long list of tasks I never get to because so many urgent tasks take up all of my time.	1	2	3	4	5
9. Freeing up my time requires having effective delegation systems, however, I don’t have time to put these in place.	1	2	3	4	5
10. When I finish urgent tasks I am often faced with a significant “backlog” of work - issues (at work and home) that have been put on hold while dealing with urgent tasks.	1	2	3	4	5
11. To solve the time dilemma I sacrifice myself. I sleep less, have my partner (or child care provider) take on more family work, or I take less time for exercise and other rejuvenating activities.	1	2	3	4	5

Change is possible! If work is demanding too much of your time, the first step is to get clear about the things you want to spend time on outside of work. The clearer you are, the more successful you will be in creating a life that encompasses family, work, health, friends and personal interests in a meaningful arrangement.

*ThirdPath Institute provides coaching, workbooks and other resources to help individuals, families and leaders develop integrated work-life solutions - solutions where men and women redesign work to create time for their lives outside of work.
Contact us if you would like to hear more about these services.*