

Your "Busyness" Scorecard

By Dr. Rick Fowler

Is your life in balance? Find out by circling the following questions "yes" or "no" or "50-50" (Note: Use 50-50 sparingly).

- | | | | | |
|-----|-------|----|-----|---|
| YES | 50/50 | NO | 1. | Do you take periodic work breaks to recharge? |
| YES | 50/50 | NO | 2. | Do you find it easy to shake depression, moodiness? |
| YES | 50/50 | NO | 3. | Can you forget your worries while at home? |
| YES | 50/50 | NO | 4. | Do you have hobbies or avocations for enjoyment? |
| YES | 50/50 | NO | 5. | Do you usually have plenty of pep and energy? |
| YES | 50/50 | NO | 6. | Do you usually react calmly and rationally when someone else blows up? |
| YES | 50/50 | NO | 7. | Are you a good listener? |
| YES | 50/50 | NO | 8. | Do you look forward to going to work on most days? |
| YES | 50/50 | NO | 9. | Do you spend at least 6 hours a week with your family? If single, do you make at least 6 calls to friends each week? |
| YES | 50/50 | NO | 10. | Do you find time most days to reflect on spiritual things? |
| YES | 50/50 | NO | 11. | Are you OK if others "win" and you "lose" some of the time? |
| YES | 50/50 | NO | 12. | Do you eat at least 4 evening meals a week with your family (with the TV off) If single, do you eat at least 2 evening meals a week with friends? |
| YES | 50/50 | NO | 13. | Do you wake up refreshed instead of tired most mornings? |
| YES | 50/50 | NO | 14. | Do you exercise at least 3 times a week for 30 minutes or more? |
| YES | 50/50 | NO | 15. | Do you resist eating "junk food meals" over 2 times a week? |
| YES | 50/50 | NO | 16. | Can you say your life is generally void of regrets? |
| YES | 50/50 | NO | 17. | Are you good at delegation? |
| YES | 50/50 | NO | 18. | When on vacation can you leave your computer at home? |
| YES | 50/50 | NO | 19. | If you have/or have had children do (did) you effectively limit their after school activities? And, if single, do you spend at least 3 nights a week at home alone? |
| YES | 50/50 | NO | 20. | Do you limit computer time after 6 PM to 45 minutes or less? |

- YES 50/50 NO 21. If married, do you spend at least 5 hours of quality time each week with your spouse? And, if single, at least 5 hours quality time with your friends?
- YES 50/50 NO 22. At the end of the day, do you normally feel “fulfilled” at least 80% of the time?
- YES 50/50 NO 23. In most cases do you resist the urge to compare yourself to others?
- YES 50/50 NO 24. Do you plan your major activities for tomorrow the night before?
- YES 50/50 NO 25. Do you experience at least 1 hour of solitude a day (sleeping doesn’t count!) meditating and reflecting on abstract thoughts?
- YES 50/50 NO 26. When you come home from work do you still have an energy reserve?
- YES 50/50 NO 27. Do you get regular health check-ups?
- YES 50/50 NO 28. Can you turn the “competitive” switch off at will?
- YES 50/50 NO 29. Are you generally satisfied with your current standard of living?
- YES 50/50 NO 30. Do you generally get at least 7 hours of sleep each night?
- YES 50/50 NO 31. Do you tend to complete assigned tasks most days?
- YES 50/50 NO 32. On your days off from work, do you tend to find time to relax?
- YES 50/50 NO 33. Do you limit you caffeine intake to less than 3 cups (or glasses) of coffee, tea or soft drinks a day?
- YES 50/50 NO 34. Are you known for your ability to save money and plan for the future?
- YES 50/50 NO 35. Do you regularly find solace and wisdom for life’s problems from scripture?
- YES 50/50 NO 36. Do you limit your work time and commute time to 50 hours a week or less?
- YES 50/50 NO 37. Do you accept constructive criticism calmly?
- YES 50/50 NO 38. Do you have at least 2 close friends in your life that you share deep intimate thoughts with?
- YES 50/50 NO 39. Would your office visits to the M.D. for general symptoms (colds, flu, etc) be less than 2 times a year?
- YES 50/50 NO 40. Do you regularly set personal goals for your life?

Scoring

Sample

Your Score

1. A "No" score = 5 pts

$$30 \times 5 = 150$$

"No" scores ___ x 5 = ___

2. A "50-50" score = 3 pts

$$5 \times 3 = 15$$

"50/50" ___ x 3 = ___

3. A "Yes" score = 1 pt

$$\underline{5 \times 1 = 5}$$

"Yes" ___ x 1 = ___

4. Add points

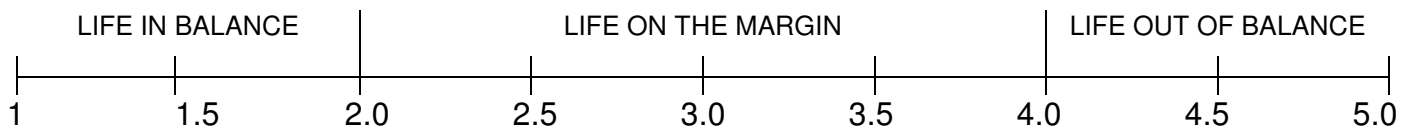
170

Total ___

5. Divide by 40

$$\begin{array}{r} 4.25 \\ 40 \overline{)170} \end{array}$$

KEY



A score of 1 - 2.0 = your "busyness" is under control and you most likely are living a balanced life.

A score of 2.1 - 3.9 = your "busyness" is a moderate concern and you should take precautionary steps to keep from sliding into to a busyness addiction.

A score of 4.0 - 5.0 = you may have an addiction to busyness, a condition if unchanged will ultimately lead to an unfulfilled life.