

Template: Work-Life Balance Questionnaire

Statement	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future					
I've been feeling useful					
I've been feeling relaxed					
I've been dealing with problems well					
I've been thinking clearly					
I've been feeling close to other people					
I've been able to make up my mind about things					
I work overtime					
I work on the weekend					
I have missed important personal event because of work					
I feel satisfied with my work-life balance					