

Self-Assessment: How Do I Value Work?

Indicate whether you agree or disagree generally with the following statements. Don't second-guess. Just check your first instinct.

STATEMENT	AGREE	DISAGREE	POINTS
1. I feel rushed, busy, and multi-tasked.			
2. I enjoy socializing with friends as much as working.			
3. People irritate me when they interrupt my work.			
4. I could care less about my job.			
5. I don't forget birthdays or anniversaries due to my busyness.			
6. I think about ways to improve my relationships.			
7. Careers should be challenging; relationships should be easy.			
8. I feel that God has called me to my vocation.			
9. I dislike anything that takes a lot of effort.			
10. I put significant thought, time, and energy into my friendships or marriage.			
Total Points: _____			

Tally Your Score: Give yourself a point if you *agreed* with questions 2, 5, 6, 8, and 10 and a point if you *disagreed* with questions 1, 3, 4, 7, and 9, and add them up. The higher the number, the more likely you are to invest in family, relationships, and career about equally. Here is a rule of thumb to interpret your score:

- 8 – 10 Excellent**
- 6 – 7 Good**
- 4 – 5 Okay**
- 0 – 3 Poor**

Keep in mind that this is a general index of your intentional effort. You should also know that if you *agreed* with items 1, 3, and 7 but *disagreed* with items 2, 5, and 10, you may tend toward workaholism – an unhealthy expression of industry. If you agreed with 4 and 9, watch out for tendencies toward laziness – another damaging expression. In short, if you tend to dislike work, or love work at the expense of your closest relationships, you may be prone to unhealthy work patterns and beliefs.