



Balance Assessment

SA	A	N	D	SD
Strongly Agree	Agree	Neither	Disagree	Strongly Disagree

1. I am very busy and rarely find time to get the important things done.
2. I am doing things I should not be doing by the request of others.
3. I avoid making decisions on key issues.
4. I have less energy for work than usual.
5. I feel alert and ready to go on the job.
6. I find myself easily distracted.
7. I feel a sense of burn out.
8. I feel motivated to do a great job most of the time.
9. I believe that my staff appreciates my leadership.
10. I don't have the time to enjoy my fun activities.