

Life Inventory

There are four areas to this life inventory: healthy work, family, play and self. Using the rating scale of

1 (*never true*) 2 (*seldom true*) 3 (*often true*) 4 (*always true*)

indicate the number that best fits you in the blank beside each statement. At the end of each area you will get your total score by adding the eight numbers in each area and putting the sum in the blank at the end of the inventory.

Area 1: Healthy Work

- ___ 1. I have many interests outside my work duties.
- ___ 2. I spend as much time after hours with family and friends as I do with coworkers.
- ___ 3. I enjoy my work today as much as ever, and I am productive and effective at what I do.
- ___ 4. I work overtime only on special occasions.
- ___ 5. I am able to leave my work at the workplace.
- ___ 6. I am good at organizing and pacing my work time so that it doesn't interfere with other commitments.
- ___ 7. I work moderately, pace myself and confine my job to regular working hours.
- ___ 8. I spend an equal amount of time relaxing and socializing with friends as I do working.

_____ **Total Work Score**

Area 2: Family

- ___ 1. I communicate well with the members of my family.
- ___ 2. I take an active interest in the lives of my other family members.
- ___ 3. My family spends quality time together.
- ___ 4. My family plays together and takes family outings regularly.
- ___ 5. I participate actively in family celebrations, traditions and rituals.
- ___ 6. I have good interpersonal relationships with other family members.
- ___ 7. I enjoy spending time with my family.
- ___ 8. My family and work life are in harmony with each other.

_____ **Total Family Score**

Handout 5 continued

1 (*never true*)

2 (*seldom true*)

3 (*often true*)

4 (*always true*)

Area 3: Play

- ___ 1. I socialize with friends who are not coworkers.
- ___ 2. I enjoy social gatherings.
- ___ 3. I like to unwind with friends.
- ___ 4. I go out socially with friends.
- ___ 5. My social life and work life are in harmony with each other.
- ___ 6. I enjoy inviting friends to my house for dinner.
- ___ 7. I like to play and have fun with others.
- ___ 8. It feels good to laugh, have a fun time and get my mind off work.

_____ **Total Play Score**

Area 4: Self

- ___ 1. I plan time each day just for me to do whatever I want to do.
- ___ 2. For fun I have a hobby or recreation that I enjoy.
- ___ 3. I take time out each week for my spiritual development, either church or synagogue or temple, inspirational readings or a twelve-step program.
- ___ 4. I eat nutritious, well-balanced meals.
- ___ 5. I make sure I get adequate rest.
- ___ 6. I take physical exercise daily.
- ___ 7. I send myself positive mental messages and try to look for the best in myself.
- ___ 8. I make sure I get my personal needs met.

_____ **Total Self Score**