

WORKAHOLISM QUIZ

This quiz is meant to begin a conversation with yourself and others about your relationship to work. Are you responding to your work or reacting? Do you feel at the effect of your work or are you consciously creating it? Are you working from trust or from fear?

Instructions

Put a check in front of any statement that is often, mostly or always true.

- ☐ You deprioritize hobbies, leisure activities and or exercise
- ☐ You take less than your allocated vacation
- ☐ You work so much that it has negatively influenced your health
- ☐ You work longer than your colleagues
- ☐ You are always “on” and reachable to discuss work
- ☐ You get stressed when you are not at work
- ☐ You are more comfortable talking about work than other topics
- ☐ You don't recognize achievements in yourself and your staff
- ☐ Your mind is at work even when you are not
- ☐ You come to work even when you are sick
- ☐ You sometimes hide your work from your family
- ☐ You work in order to reduce feelings of guilt, anxiety, helplessness or depression
- ☐ You have been told by others to cut down on work without listening to them
- ☐ You can't “turn off”
- ☐ Your personal relationships are strained because your not around
- ☐ You often wake up in the middle of the night thinking about your work
- ☐ You work through your lunch hour most of the time
- ☐ You miss important personal and family events because of work
- ☐ It is difficult for you to relax when you are on vacation
- ☐ You check your device regularly when you are not at work

If you checked 5 or more of these statements you may be a workaholic. A next step would be to ask yourself the willingness questions on page 316 in the book, *The 15 Commitments of Conscious Leadership* to see what may be in the way of shifting this pattern.