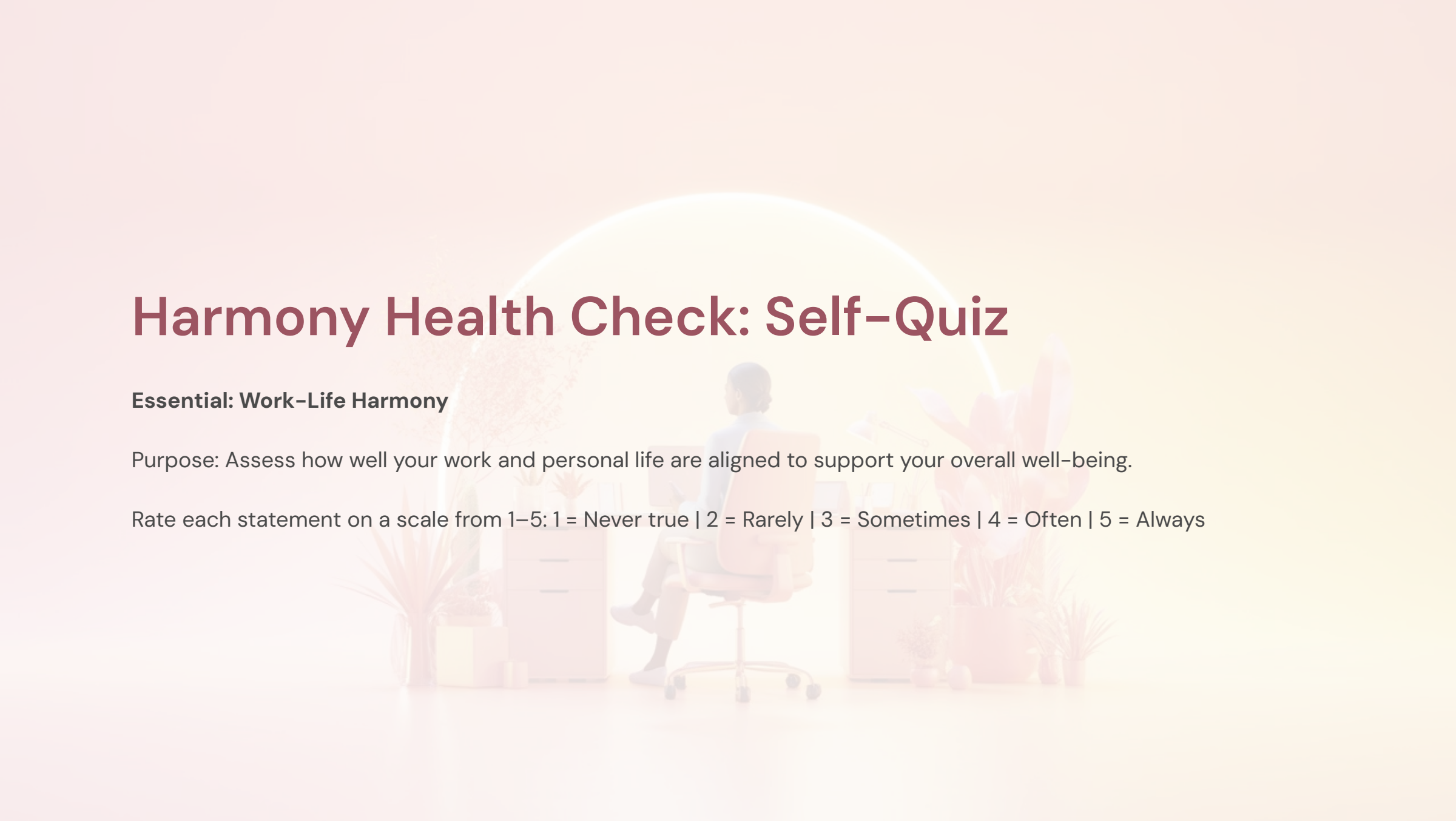


Harmony Health Check: Self-Quiz

A person is sitting in an orange office chair at a desk, facing away from the camera. The desk has two drawers on each side and is surrounded by various potted plants. A large, bright circular light is in the background, creating a warm, glowing effect. The overall scene is a stylized illustration of a modern office or home workspace.

Essential: Work-Life Harmony

Purpose: Assess how well your work and personal life are aligned to support your overall well-being.

Rate each statement on a scale from 1–5: 1 = Never true | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Always

Section 1: Autonomy & Control

Evaluate your sense of control and autonomy in your work environment.

1

**I have control over how I
organize and complete
my work.**

Rate this statement:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2

**I can take breaks or time
off when I need to
recharge.**

Rate this statement:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3

**My workload feels
manageable most days.**

Rate this statement:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Section 2: Boundaries & Flexibility

Assess how well boundaries are maintained between your work and personal life.

My organization respects boundaries around personal time.

Rate this statement:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I can disconnect from work communications after hours.

Rate this statement:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

My work schedule allows flexibility for personal responsibilities.

Rate this statement:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Section 3: Energy & Fulfillment

Evaluate your energy levels and sense of fulfillment from your work.

I end most workdays with enough energy for personal life.

Rate this statement:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I feel that my work adds value or meaning to my life.

Rate this statement:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I feel supported by my supervisor or organization in maintaining balance.

Rate this statement:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Calculate Your Total Score

Add Up Your Ratings

Review all nine statements and add up your ratings from 1–5.

Total Score: _____ / 45

Write your total score in the space above to determine your work-life harmony level.

What Your Score Means

Your total score will help you understand where you stand in terms of work-life harmony and what actions you may need to take.

Review the scoring guide on the next card to interpret your results.



Scoring

Use your total score to understand your current work-life harmony status and identify next steps.



36–45

Harmony Achieved

You're managing boundaries and energy well. Keep reinforcing what works.



25–35

Needs Adjustment

Some imbalance may be creeping in—identify 1–2 actions to restore balance.



24 or below

At Risk of Burnout

Reevaluate workload, boundaries, and supports; consider discussing adjustments with your manager or HR.

Understanding Your Results

Harmony Achieved

If you scored 36–45, you're managing boundaries and energy well. Keep reinforcing what works.

Continue to monitor your well-being and maintain the practices that support your balance.

Needs Adjustment

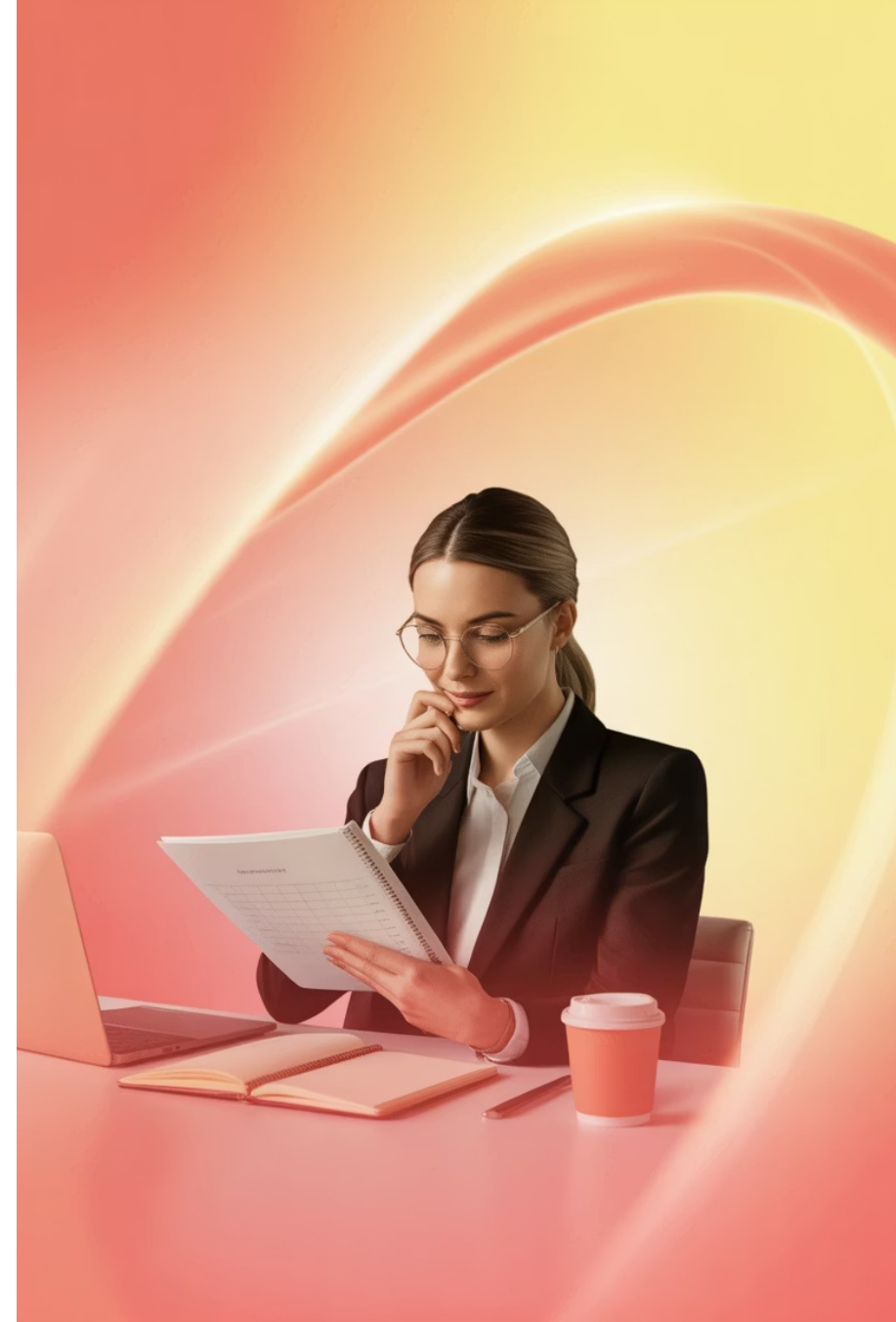
If you scored 25–35, some imbalance may be creeping in—identify 1–2 actions to restore balance.

Focus on the areas where you scored lowest to make targeted improvements.

At Risk of Burnout

If you scored 24 or below, reevaluate workload, boundaries, and supports; consider discussing adjustments with your manager or HR.

Take immediate action to protect your well-being.



Reflection Prompt

 **What one small change could help you feel more balanced this week?**

Take a moment to reflect on your results and identify one actionable step you can take to improve your work-life harmony.

Write your reflection here:

Next Steps for Improvement

01

Review Your Lowest Scores

Identify which sections or statements received your lowest ratings. These are your priority areas for improvement.

02

Choose One Action

Select one small, specific change you can implement this week to address your lowest-scoring area.

03

Seek Support

If you scored 24 or below, reach out to your manager, HR, or a mental health professional for guidance and support.

04

Reassess Regularly

Retake this quiz monthly to track your progress and ensure you're maintaining healthy work-life harmony.

Learn More

Additional Resources

For more tools, assessments, and strategies to support your work-life harmony and mental fitness in the workplace, visit our website.

Learn more at: www.mentallyfitworkplaces.com

Discover evidence-based practices, expert guidance, and community support to help you thrive both professionally and personally.

