1. Homework is my life.

\_\_\_ True

\_\_\_ False

1. I don’t have time to catch up with my friends.

\_\_\_ True

\_\_\_ False

1. I forget about my health to take care of other things.

\_\_\_ True

\_\_\_ False

1. Eating healthy is not a priority.

\_\_\_ True

\_\_\_ False

1. I wish I had more time to try new things or visit new places on campus, but I don’t.

\_\_\_ True

\_\_\_ False

1. I often feel exhausted.

\_\_\_ True

\_\_\_ False

1. I have missed important events because I have too much to do.

\_\_\_ True

\_\_\_ False

1. Sometimes I feel like I’ve lost sight of why I’m in college.

\_\_\_ True

\_\_\_ False

1. I feel stressed out most of the time.

\_\_\_ True

\_\_\_ False

1. I can’t remember the last time I felt like I could just relax while learning in college.

\_\_\_ True

\_\_\_ False

Scoring: Give yourself 1 point for each *true* response. Each *true* response should serve as a signal that there are areas in your life that could use some changes. The higher your final score, the more likely you need to make changes to work on achieving balance.

If you scored:

* 1. Your life is relatively balanced. Do what you need to do to continue to have balance.

2-4 Your life is starting to get out of balance. Work to make changes to find that balance.

5-10 Your life is out of balance. Take action and make changes that allow you to find balance.