

## Workaholic Self-Assessment

**Instructions:** Rate each statement based on how frequently it applies to you.

**Scale:**

- 1 = Never
- 2 = Rarely
- 3 = Sometimes
- 4 = Often
- 5 = Always

Question	Score
I find it difficult to relax or take time off from work.	
I often prioritise work over social or family engagements.	
I check emails or work messages during personal time or vacations.	
I feel anxious or guilty when I'm not working.	
I regularly stay late at the office or work long hours.	
I frequently skip meals or breaks to focus on work tasks.	
I sacrifice sleep to finish work tasks or meet deadlines.	
I often think about work, even when I'm not working.	
I feel like my personal worth is tied to my professional achievements.	
I struggle to delegate tasks, preferring to do everything myself.	
I put off going to the toilet to do one more task.	

**Scoring:**

- **10-20: Balanced** – You have a healthy relationship with work. Keep it up!
- **21-30: Work-Focused** – You may be leaning toward overworking. Be mindful of boundaries.
- **31-40: At Risk** – You show significant signs of workaholism. Consider adjustments.
- **41-50: Workaholic** – It's time to re-evaluate your habits and focus on your well-being.

**Suggestions to Break Bad Work Habits:**

1. **Set Boundaries:** Designate “off” hours and stick to them.
2. **Prioritise Self-Care:** Schedule regular breaks, meals, and personal time.
3. **Delegate More:** Trust others to handle tasks and avoid micromanaging.
4. **Unplug After Work:** Avoid checking work emails or messages during personal time.
5. **Practice Mindfulness:** Try meditation or relaxation techniques to reduce work-related anxiety.
6. **Set Realistic Goals:** Focus on quality, not just quantity, of work.
7. **Seek Support:** Talk to a mentor or professional to help address workaholic tendencies.