

QUESTIONNAIRE

A Quick Questionnaire

DAILY

- Do you pray and read your Bible most days? Yes / No
- Do you eat at least one meal per day at a leisurely pace? Yes / No
- Do you have a daily time of recreation? Yes / No

WEEKLY

- Do you have a complete day off a week at least once a week? Yes / No
- Do you exercise at least three times a week? Yes / No
- Do you work fewer than 50 hours a week? Yes / No
- Do you attend fewer than three church meetings a week (not including Sunday services)? Yes / No
- Do you spend 'quality time' with those who are closest to you? Yes / No

MONTHLY

- Do you have two days off in a row at least once a month? Yes / No

ANNUALLY

- Do you take your full holiday allowance? Yes / No
- Do you have periods in the year when things are less busy (not holiday)? Yes / No
- Have you decreased your major commitments in the last year? Yes / No

OVERALL

- Do you feel reasonably in control of your workload/flow? Yes / No
- Are you happy with your rhythm of life? Yes / No