

## ASSESS YOUR OVERWHELM

### Assess Whether You Control Your Time or If Time Controls You

**Scoring:** Add 1 point for every “So-So” or “No” in questions 1, 2, 12, 13, and 14. Add 1 point for every “Yes” or “So-So” on the remaining questions.

	Statement	Yes	So-So	No
1	I spend less than <b>5%</b> of my time doing work that I could delegate to others.			
2	I spend at least <b>80%</b> of my time on the three most important strategic priorities of my organization.			
3	I sometimes do work at an A+ level when it could be done at a A, A- level, or below.			
4	I feel like I am almost always operating at some level of stress.			
5	I feel that if my current pace continues that burn out is almost inevitable.			
6	There is stress in my relationship with my spouse or significant other because of how much time I spend at work.			
7	I feel stress or guilt because I do not see my children enough due to how much time I spend at work.			
8	I am not as healthy as I could be and I can attribute some of this to how much I work and/or to the stress I experience at work.			
9	I spend more time in meetings than I need to.			
10	I spend more time at work than I would like.			
11	I procrastinate.			
12	I keep logs of how I spend my time and evaluate them to become more productive.			
13	I schedule time during the workday to relax and recharge.			
14	I have trusted leaders in place so that if something happened to me, my company or area of responsibility would run smoothly.			

If you scored even 1 point on the above assessment, there is an excellent chance that we can make a major difference in your productivity, peace of mind, and feelings of overwhelm and stress. *Let's Talk!* All it takes is a five-minute conversation to learn more and the benefits can be enormous.

*Let's Talk* sponsored by [ITeffectivity.com](http://ITeffectivity.com) – an IT Executive Coaching and Advisory practice targeting CIO’s challenge of leading and delivering business solutions with a focus on effective people and process capabilities. Discover the possibilities by scheduling a complimentary strategy session with Mary Patry.

#### FOR MORE INFORMATION:

ITeffectivity LLC was founded in 2013 with the mission of bringing order to the ever-changing world of the IT leader. Since then we have advised over 80 leaders as well as conducted over 20 major consulting assignments on behalf of Fortune 100 firms to small non-profits. Interested in learning how we might assist you? Please email [mary.patry@iteffectivity.com](mailto:mary.patry@iteffectivity.com) or call 480.393.0722 to discover the possibilities.