

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 5% of my time doing work that I could delegate to others.			
2	I spend at least 80% 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 – 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:

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