

WORK-LIFE BALANCE SELF-ASSESSMENT

Over 60% of employees in the U.S. are unsatisfied with their work-life balance. Many feel the pressure to clock more hours in order to churn out a higher volume of work, but research shows that beyond a certain amount of hours, employees are not actually producing more. Therefore, they risk harming their mental and physical health for very little gain.

Does this sound like you? If so, then it may be time to do an analysis quantifying what percentage of your time you are spending in each area of your life and what percentage of time you would like to spend. This exercise will help you bring awareness to your routine and identify where changes need to be made.

	Current %	Preferred %
1. Career		
2. Fun & Leisure Hobbies, vacation, etc.		
3. Romantic Relationships Partnerships or dating life		
4. Family Relationships		
5. Friendships		
6. Health & Fitness		
7. Mental & Emotional Wellness Therapy, Meditation, Etc.		
8. Home Life Household upkeep, bills, etc.		
9. Spirituality or Faith		
10. Other:		

WORK-LIFE BALANCE RESOURCES

Not sure where to start? Check out CCWomen resources for work-life balance best practices. From boundary setting to alleviating burnout, we've got you covered. Reach out to us and let us know what content you want to see next: ccwomen@cmpteam.com.

[Podcast Ep. #19:](#)
[Saying No](#)

[5 Books on Work-](#)
[Life Balance](#)

[The CCWomen](#)
[Guide to Burnout](#)

[Work-Life Balance](#)
[for Mothers](#)

CCWOMEN DIGITAL PLATFORM



The CCWomen membership portal unlocks an entire world beyond live events, providing you with a professional network right at the tip of your fingers. Our portal is equipped with exclusive content, mentorship, networking, VIP event status, and celebrations galore.

Work-life balance will be one of the central focuses of our content, discussions, and event programs. Our community is dedicated to helping you build the life you deserve!

Don't miss our launch party! It's all apart of the CCWomen Summit, June 19th at Customer Contact Week (CCW) in Las Vegas. CCW attendees will get an exclusive discount on their membership, so don't miss out!

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