

Checklist – Are you a Workaholic

A lot of people are constantly tired, angry and they don't know why, and feel their life is out of balance. It can be hard to accept that you are a workaholic, however we hope this checklist gets you thinking about *you* and *your* relationship to *work*. Contact us if you'd like to discuss your results.

You may be a workaholic if...

- Twenty minutes is too long for a lunch "hour".
- Hobbies are something you will get into when you "get the time".
- You look forward to holidays, only to end up being poorly.
- The colour of one side of your gym bag has faded, and is different from the other side of the bag.
- You promised your closest "this is the only Sunday I'll work" more than three times in the past year.
- You bring your laptop to your child's football game.
- You set your alarm for 2:00am and 5:00am so you can check your emails.
- It bothers you that you are always at work before, and after, everyone else.
- You can't name your child's favourite rock band.
- Elderly people, and toddlers, tend to make you impatient.
- People at parties seem to want to "get another glass of wine", just when you were really getting into telling them about your job.
- The last outrageous thing you did was over ten years ago.
- You wished you weren't so stressed, but know that you will feel better once you "get over the hump".
- Nearly every hot drink you make for yourself gets thrown away, as it has gone cold.
- Sometimes you are so busy you realise you are desperate to go to the toilet!

[The Development Company](#) is a leading edge training company, dedicated to enable people to be the best they can be. We design and deliver [time management](#), and [stress management](#) workshops that get real results. [Contact us](#) today – ask for Kay or Adrian.



The Development Company

Your Learning Partner

www.thedevco.com

Talk to us today

 **01604 810 801**