



LIFE & LEADERSHIP COACHING

BUSYHOLISM INVENTORY

Rate yourself from 1-5 on each item below:

1= not true 2= mostly untrue 3= don't know 4= somewhat true 5= true

1.	I am tired much of the time.	
2.	I always seem to be in motion.	
3.	Most of the people in my life don't really appreciate all I have to do.	
4.	I am tired much of the time	
5.	I always seem to be in motion	
6.	I can see I am not spending enough quality time with those I love.	
7.	By the time I do something I like, I'm too tired to really enjoy it.	
8.	I feel guilty when I am resting or just taking it easy.	
9.	When I go on vacation I either run around to as many sights as possible or collapse in a heap somewhere on a beach or in my room.	
10.	When I'm doing something (such as watching my child/children/grandchildren play football) I often miss out on the fun because I am answering emails on my electronic device.	
11.	I use substances (caffeine, sugar, alcohol, etc.) in order to prod myself into action or to calm myself down.	
12.	I may want to have important life goals, but I am too busy to think about them right now.	
13.	I feel frustrated because I am not doing the things I really want to do.	
14.	I feel I have more responsibilities than most of my family or friends.	
15.	I usually do things in a hurry, like gulp my food or throw on clothes.	
16.	I'm not engaged in goals that are fun or meaningful, but tell myself I will when life calms down.	
17.	My friends and family tell me they are not seeing enough of me. Or, when I am with them, they tell me I seem withdrawn or distracted.	
18.	It would be all right with me if life got easier.	
19.	I know I multi-task on a regular basis, even though I make mistakes when I do it.	
20.	I need constant stimulation: computer games, answering emails, etc.	

***What do you notice about your responses? What could be different?**