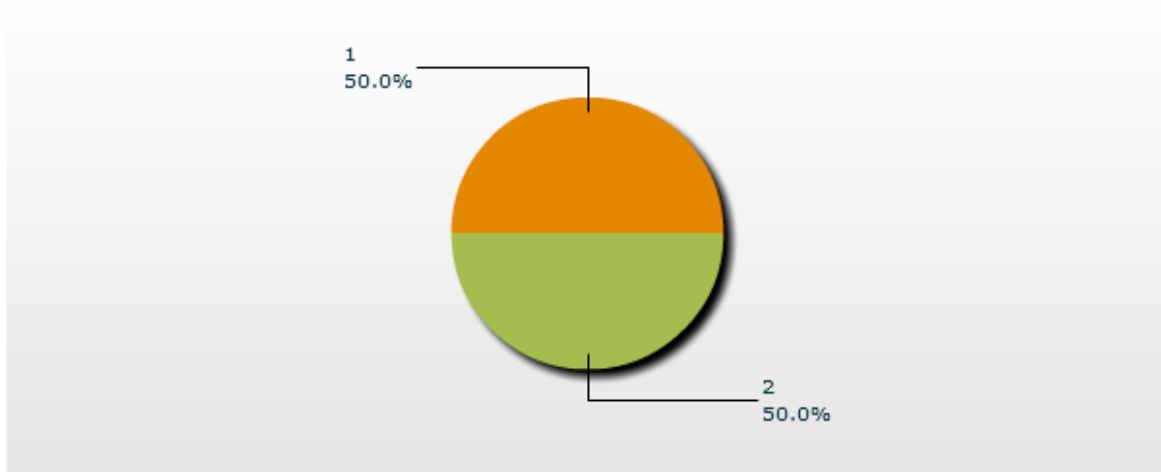




User Responses

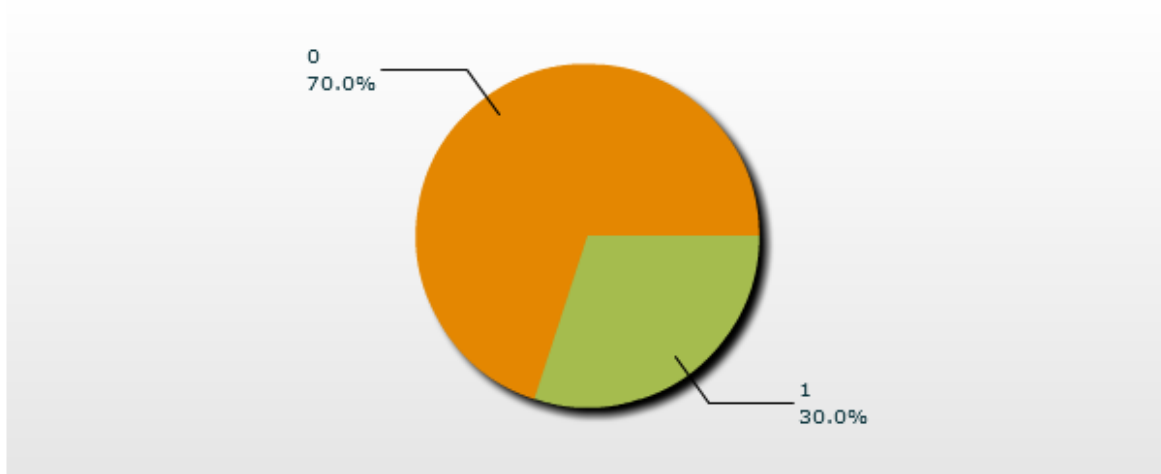


1. How many hours do you work in a week?

Answer Key:

- 0. Not enough
- 1. Just enough
- 2. Too many

User Responses



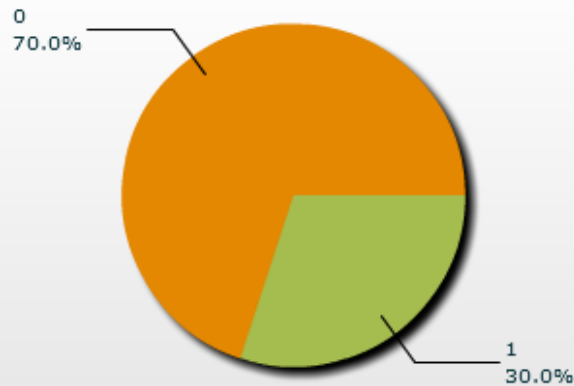
2. I feel overwhelmed while at work.

Answer Key:

- 0. Agree
- 1. Disagree



User Responses

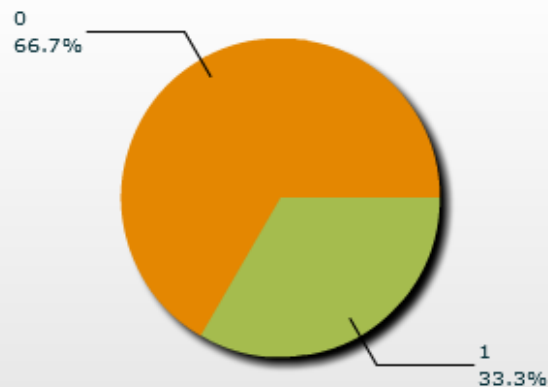


3. No matter what I do, it seems like my schedule is too full, and I cannot get everything done.

Answer Key:

- 0. Agree
- 1. Disagree

User Responses



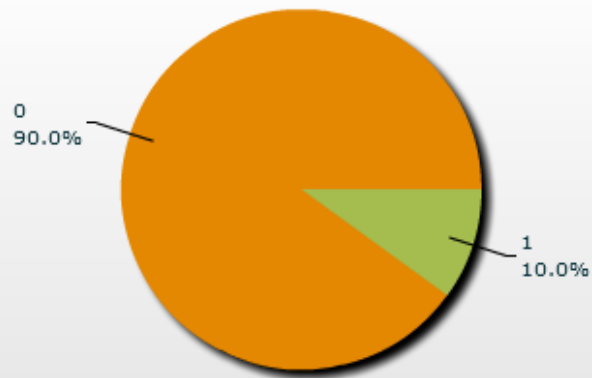
4. I feel confident that I CAN FIND BALANCE between work and the rest of my life.

Answer Key:

- 0. Agree
- 1. Disagree



User Responses

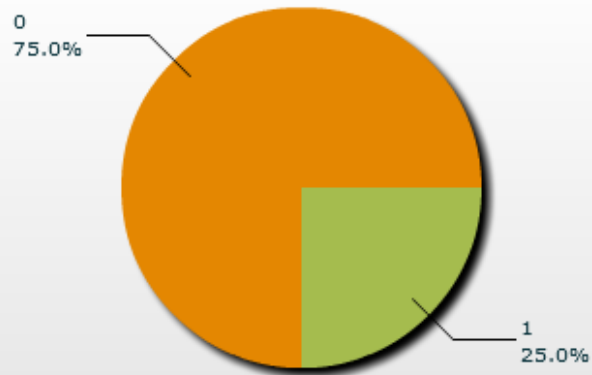


5. I am exhausted just thinking about the idea of trying to balance everything.

Answer Key:

- 0. Agree
- 1. Disagree

User Responses



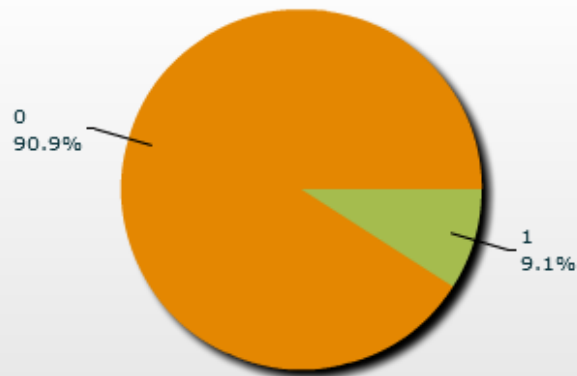
6. There is no place or time for what I want, just for myself.

Answer Key:

- 0. Agree
- 1. Disagree



User Responses

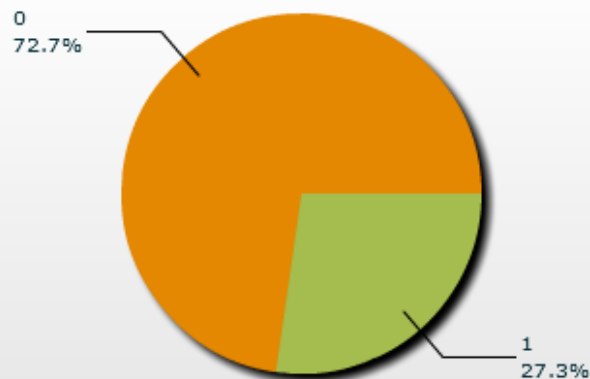


7. Which puts the most pressure on you to be available?

Answer Key:

- 0. Work
- 1. Family
- 2. Friends

User Responses



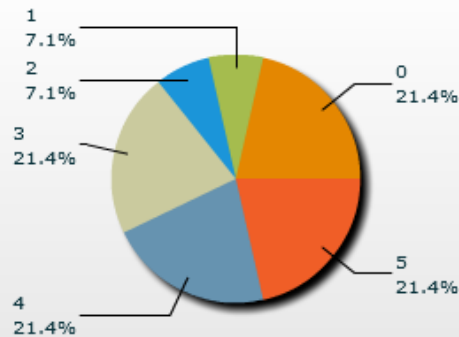
8. Sometimes it feels selfish to want more sleep, or more time to myself.

Answer Key:

- 0. Agree
- 1. Disagree



User Responses

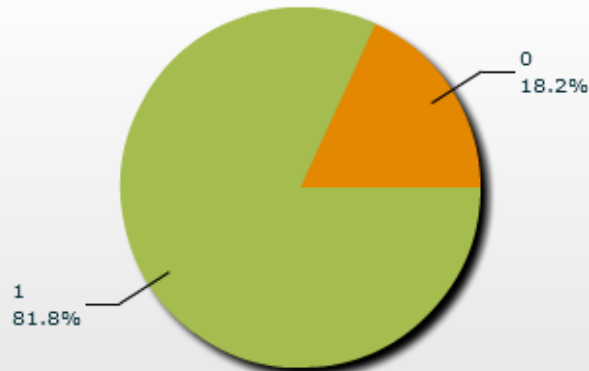


9. If you could add one hour to each day, how would you spend it? (Choose one.)

Answer Key:

- 0. Work uninterrupted
- 1. Socialize with friends
- 2. Relax at home
- 3. Volunteer my time for others
- 4. Exercise
- 5. Sleep

User Responses



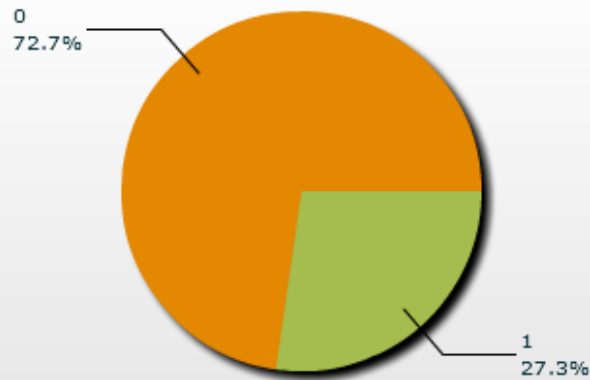
10. Most workers use social media for research that is relevant to their work.

Answer Key:

- 0. True
- 1. False



User Responses

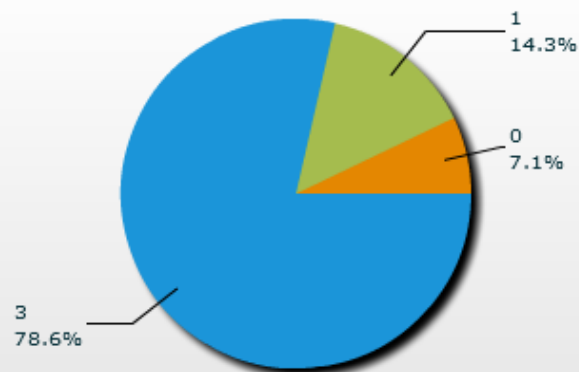


11. I probably use social media too much at work.

Answer Key:

- 0. Agree
- 1. Disagree

User Responses



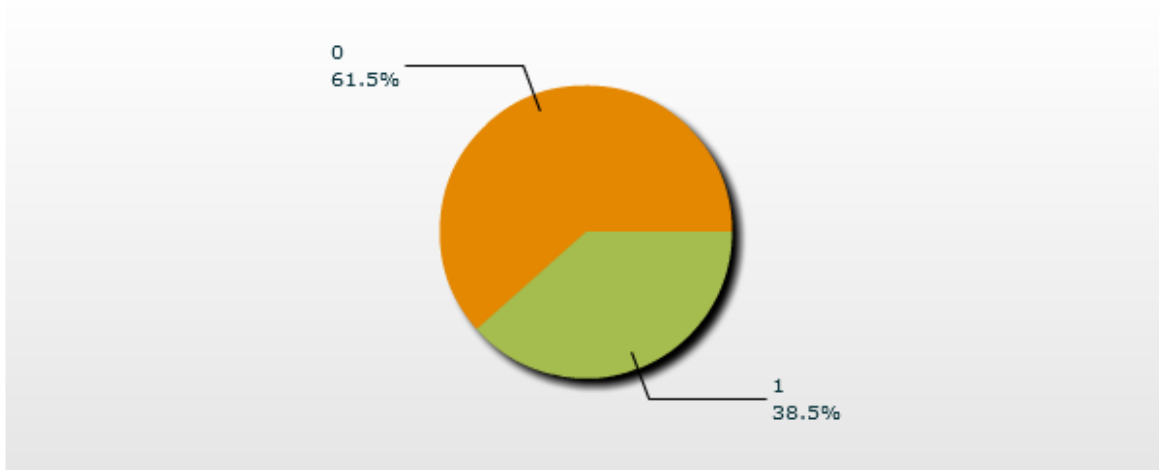
12. How often do you check your socialmedia (not including texting) WHILE AT WORK?

Answer Key:

- 0. Never
- 1. Once a day
- 2. Twice a day
- 3. Several times a day



User Responses



13. I feel pressure to say yes to every request for my time.

Answer Key:

- 0. Agree
- 1. Disagree

QUESTION 14: What surprised you about this discussion today? How will you start to make a change?

Lalit Saini [Houston]: Don't think just do it!

Nasir Hussain [Lahore Pakistan] 2: change within yourself, it comes instinctively

Lalit Saini [Houston]: Think wisely as well!

Usama Hassan [Alexandria/Egypt]: check what is most important and then goes down, then set the sort goal, and final having an accountable partner

Hardi Adam [Tamale]: A difficult task can not be achieved alone

Claudio Martinez Mora [Santo Domingo] 3: I will start thinking about that I have limited time in here and I have to make it countable my time. Also learning how to live

Ahmed Mahmoud [Suez]: you can set up your goals easily, powerfully and professionally just that depends on you

Gomolemo Mohapi [Durban, South Africa]: I always assumed that there could be balance between work and play. Its surprising to know that there isnt a definite answer/solution. I have a big problem when it comes to time management so that's something I'd like to work on. I'll also try not to be so hard on myself when it comes to saying no to tasks/favours that I do not have time for.