

# Work-life balance survey

Short version

#work-life balance #development #performance

Managers need to have information about employees well-being and work-life balance to be able to identify and tackle emerging problems and create a long-term strategic perspective. Use the survey results to make good strategies that will result in increase in overall employee motivation and in greater productivity, retention, and innovation.

Original version available [here](#).



This project has received funding from the European Union's Horizon 2020 Research and Innovation programme under the Marie Skłodowska-Curie grant agreement No. 734824.

For more information about this project please see:

[www.getm3.eu](http://www.getm3.eu)

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Please provide your full name: \_\_\_\_\_

How old are you? \_\_\_\_\_

What is your job title? \_\_\_\_\_

Are you married?

- Yes                       Living with a partner  
 No                             Prefer not to say

Do you have dependents living with you?

- Yes  
 No

How many dependents live with you? \_\_\_\_\_

How long have you worked here?

- Less than 12 months  
 1-3 years  
 4-6 years  
 7-9 years  
 10-12 years  
 More than 12 years

How many hours do you work per week?

- Less than 20 hours  
 20-30 hours  
 31-40 hours  
 41+ hours

Email: [you@yourwebsite.com](mailto:you@yourwebsite.com)  
Phone: your phone number

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YOUR COMPANY NAME/LOGO

## Happiness

On a scale of 1 to 5 (with 1 being Strongly Disagree and 5 being Strongly Agree), please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
My job is the most significant factor to my happiness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My salary is the most significant factor to my happiness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My family is the most significant factor to my happiness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Work Satisfaction

On a scale of 1 to 5 (with 1 being Strongly Disagree and 5 being Strongly Agree), please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I feel fulfilled by my job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy my job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My job positively contributes to my overall happiness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Work Environment Satisfaction

On a scale of 1 to 5 (with 1 being Strongly Disagree and 5 being Strongly Agree), please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Co-workers positively contribute to my work environment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My supervisors/managers positively contribute to my work environment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Personal Life Satisfaction (OPTIONAL)

YOUR COMPANY NAME/LOGO

On a scale of 1 to 5 (with 1 being Strongly Disagree and 5 being Strongly Agree), please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I am satisfied with the time I spend with my family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am happy with my home life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use my time at home to connect with family and friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Balance

On a scale of 1 to 5 (with 1 being Strongly Disagree and 5 being Strongly Agree), please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I prioritize my job over my personal and family life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I prioritize my family over my work life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I sacrifice sleep to make up time with my family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Stress

On a scale of 1 to 5 (with 1 being Strongly Disagree and 5 being Strongly Agree), please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I feel overwhelmed by the amount of things I need to do for work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are not enough hours in the week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I sacrifice sleep for work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Work Brought Home

YOUR COMPANY NAME/LOGO

On a scale of 1 to 5 (with 1 being Strongly Disagree and 5 being Strongly Agree), please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I leave my work at work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes bring work at home, but it's just a few things I may not have finished up.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often complete additional work at home beyond work hours to try to keep up.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Time to De-stress

On a scale of 1 to 5 (with 1 being Strongly Disagree and 5 being Strongly Agree), please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I leave every day at generally the same time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I am home, I often spend time thinking about work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often go into work on weekends or during irregular work hours.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Loyalty

YOUR COMPANY NAME/LOGO

On a scale of 1 to 5 (with 1 being Strongly Disagree and 5 being Strongly Agree), please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I plan to stay at my current job for the foreseeable future.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would recommend my job to someone else.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't mind being too busy because I love my job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Within the past year, have you thought about leaving your job?

- Yes
- No

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