

Taking Your Spiritual Pulse

Check the category that best characterizes your feeling about each statement, add up your score using the formula below, and see the bottom of this page for your assessment—the lower the score, the better!

Activity	Agree	Neither	Disagree
I find myself adding more to my to-do list, even though I already feel overwhelmed.			
I often wish I had an extra day in my week.			
When spending time with others, I find my mind wandering as I think about everything else I have to do.			
I have been rewarded for working to the point of exhaustion.			
I have tried to pray, only to find my mind swimming with tomorrow's worries.			
I find that my weekends are just as jam-packed as my workdays.			
Taking time to relax every day is seldom a priority.			
I often feel stressed-out and overtired.			
I feel that if I could just get myself organized, I might be able to get everything done.			
Subtotals	__ x2=	__ x1=	__ x0=
TOTAL	Add three subtotals together:		

13–18: Push Pause Now!

You are constantly overtired and overcommitted. You rarely take time to pause and recharge—which makes you feel even more overwhelmed. You need to learn to pause on a regular basis. Not only will this help you to work more effectively, it will also ensure that you are not losing sight of what is truly important to you.

7–12: Part-Time Pauser

Although you pause on a regular basis, you sometimes still find yourself stressed-out and overcommitted. With a little practice, you will be well on your way to maintaining balance in your life.

0–6: Powerful Pauser

You know how to balance your priorities and take the time to relax. This ultimately helps you avoid burn-out and work more effectively.

(Quiz is derived from *The Power of Pause: Becoming More by Doing Less*, by Terry Hershey. Learn more at www.loyolapress.com/powerofpause.)