

“I feel that since I live this lifestyle, I have to take advantage of it. I might go to the museum in the afternoon, or to the movies. I know I’m much more productive if I do or see something that’s beautiful, makes me happy, and takes me somewhere I haven’t been.”

By the end of this chapter, I hope you’ll know what you intend your work/life policies to be. So when it’s tempting to skip breakfast, the gym, sleep, a snuggle with your love, or your kid’s plea for “just one more story,” you can shrug and say, “Boss’s orders.” Or “Workers’ rights.” And then do it, no regrets.

First, let’s look at where you are right now.

THE LIFE-QUALITY QUIZ

Knowing yourself is the first step to finding the right work/life fit. Answer each question below by putting a check mark in the column with the response that most closely matches your thoughts or feelings.

	STRONGLY AGREE	SOMEWHAT AGREE	SOMEWHAT DISAGREE	STRONGLY DISAGREE
1: I have enough quality time with my family.				
2: I have enough quality time with my friends.				
3: I have enough quality time just for me.				
4: I have time to learn and do new things outside of work.				
5: I eat healthfully.				
6: I exercise regularly.				
7: My family and I get the medical care we need.				
8: I feel OK with the amount of stress I feel.				
9: I’m happy with the kind of work I do as a freelancer.				

	STRONGLY AGREE	SOMEWHAT AGREE	STRONGLY DISAGREE	SOMEWHAT DISAGREE
10: I'm happy with the kind of clients I have as a freelancer.				
11: I'm happy with the amount of time I spend working.				
12: I'm happy with my day-to-day life as a freelancer.				
13: I have enough money for the things I need (food, shelter, medical care).				
14: I have enough money for the things I want (vacations, going out, clothes, et cetera).				
15: I have or I'm saving money for things that will improve my life or my loved ones' lives in the future (child care, education, retirement, et cetera).				
16: I'm satisfied with how I'm living on my freelance income.				
17: I know what I am and am not willing to give up to live on a freelance income.				
18: I'm not bothered by how others view me as a freelancer.				
19: I'm satisfied with my use of energy, fuel, water, space, and other resources.				
20: I'm satisfied with what I'm doing to help others.				

Scoring

Give the following point values to each answer:

Strongly agree: 4 points

Somewhat agree: 3 points

Somewhat disagree: 2 points

Strongly disagree: 1 point

Add your scores for questions 1–4: _____

Your answers to these questions show your current feelings about Your Personal Life.