



Finding Balance

1. I often feel like I have no control when homeschooling.
2. I often feel like I have no control over work.
3. I often feel like I have no control over my life.
4. I usually do not have time for my own hobbies or interests.
5. I often feel guilty because I cannot make time for everything I want to do.
6. I often feel anxious or upset about how good of a job I am doing home educating.
7. I often worry that my child does not measure up against children going to traditional school.
8. I feel like I do not spend enough time with my children outside of home schooling them.
9. I feel like I do not spend enough time with loved ones other than my children.
10. I have a hard time feeling relaxed or comfortable when not home schooling.
11. I have a hard time feeling joy when home schooling.
12. I usually do not get around to doing things just for me.
13. On most days, I feel overwhelmed and over committed.
14. I often find that taking time off from homeschooling is hard for me.
15. I often feel like I only have time or energy for my kids when we are homeschooling.
16. I usually do not have time to take good care of my physical wellbeing.
17. I spend a great deal of time worrying about my children's future.
18. I doubt the quality of job I am doing as my child's primary teacher.

Each "yes" is one point.

13-18 points: You need to work on finding balance. Think of what you've learned in the info sheet and how you can use it in your own life.

6-12 points: You're getting there! You may need to take some action, but you're on the right track.

0-5 points: On point and on balance! How can you maintain your balance in the future?

Total Score: