



## Activation Exercise: The Workaholism Quiz

### SCORING

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Entrepreneurial leaders are often accused of being obsessed with their work. Do you have a zest toward realizing your vision? Are you living a deeply meaningful life?

If you circled **often** for statements 1, 2, 3, 4, 5, 7, 8, 11, 12, 13, 14, 17, 19, and 20, examine more closely the essence and quality of your work. Workaholics use work to replace intimacy. Over time the emotional connection with others can erode and the zest for life diminish. If you fall into that category, get help to sort out your life purpose and what brings you meaning. Choose to make changes that will improve the quality and essence of your life and deepen your self-connection. If you feel you are a hard worker, carry on!!!

I have adapted Sue Shellenbarger's table below, so you can get clearer on where you fit between workaholism and being a hard worker leading a purposeful life. Sue writes a weekly column at The Wall Street Journal. (<https://www.wsj.com/news/author/sue-shellenbarger>: *Working for a Living or Living to Work? Some Help for the Workaholic Spouse*, November 21, 2002).

<b>Workaholic</b>	<b>Hard Worker</b>
Can't stop working without feeling anxious	Can choose to stop working without ill effects
Works to satisfy a compulsive need for approval	Work is just one part of a meaningful life
Becomes self-absorbed and self-centered	Able to be loving and intimate
Loses touch with feelings	Stays in touch with feelings
Perfectionist and controlling	Tolerant of own mistakes and others'
Loses control over schedule	Remains in charge of work schedule and focus

**Table**