

14	I put off tasks that aren't important					
15	I work more than 40 hours a week					

How to score:

Section A: For questions 1, 3, 4, 8, 9, 11, 12, 13, 14

Never = 0 points Rarely = 1 point Sometimes = 2 points
 Often = 3 points Always = 4 points

Total points section A

Section B: For questions 2, 5, 6, 7, 10, 15

Never = 5 points Rarely = 4 points Sometimes = 3 points
 Often = 2 points Always = 1 point

Total points section B

A + B = total score

Score	Comment
6-20	The great news is that there's lots you can do to help yourself. Our 'Time to