

WORKING MOM BALANCE TEST

Become aware of your state of balance to find out whether you suffer from **Working Mom Burnout**.

It's only 7 minutes!

Read the list of questions, be truly honest with yourself & answer them in your head OR mark where applicable. The questions touch upon various factors that have an impact on your BodyMindSoul-Complex and thus on your overall, holistic health.

Stress & Pressure:

- ◆ Do you feel somewhat pressured every single day?
- ◆ Do you feel stressed out on a daily basis?
- ◆ Are you permanently thinking about all the things at home & work that you need to take care of?

Energy Level:

- ◆ Generally, do you feel tired & exhausted?
- ◆ Do you feel that in this period of your life, everything is a bit too much?
- ◆ Do you feel that weekends are too short and there is not enough vacation time for you to recharge?

Emotions:

- ◆ Do you feel frustrated because if you don't take care of things, nobody else will?
- ◆ Do you find yourself feeling jealous of other women?
- ◆ Do you get angry easily?
- ◆ Do you smile & truly laugh daily?



- ◆ Do you feel rage on a daily basis?
- ◆ When you are with your lady friends and talk about other women, does it satisfy you to gossip and talk ill of them?
- ◆ Do you start screaming (e.g. at home with the kids or your spouse) easily, perhaps daily, at least several times a week?
- ◆ Do you feel grateful every single day?
- ◆ Do you feel happy every single day?
- ◆ Do you consider yourself emotionally stable and truly centered?

Social Constellations:

- ◆ Do you keep finding yourself in social situations that make you feel uncomfortable?
- ◆ Are there people in your life whom you would love to avoid but can't?
- ◆ When you meet your friends, do you feel better after hanging out, or do you keep thinking about what they said and you feel hurt, upset, frustrated, angry, or disappointed?

Sleep:

- ◆ Do you have difficulty falling asleep?
- ◆ Do you regularly wake up during the night?
- ◆ Do you feel energized when you wake up in the morning?

Digestion:

- ◆ Does your belly have a tendency to be bloated?
- ◆ Do you suffer from too much gas?
- ◆ Do you suffer from heartburn regularly?
- ◆ Do you have bowel movement every day or only every two to three days?
- ◆ Do you have regular bowel movement first thing in the morning?
- ◆ Do you have a diarrhea or constipation tendency?



Menstruation:

- ✦ Do you have your menstrual period regularly (e.g. every 30 days) or irregularly (e.g. sometimes 28 days, then 30 days, then 27, then 31, etc.)?
- ✦ Do you suffer from absence of menstruation?
- ✦ When menstruating, do you have problems with seizures, back pain, headache, severe mood swings, excessive eating, appetite for sugar, sickness, complete exhaustion, digestion problems (e.g. diarrhea), or further syndromes?

Eating & Appetite:

- ✦ After having eaten, do you feel energized or tired?
- ✦ Do you feel that you often overeat?
- ✦ Do you feel hungry but don't eat (because you can't or don't want to)?
- ✦ Do you suffer from a lack of appetite?

Further Physical Factors:

- ✦ Do you suffer from chronic/recurring health problems like gastrointestinal disorders (e.g. bloating, constipation, diarrhea, leaky gut, candida, etc.), allergies, skin issues (e.g. acne, rashes, neurodermatitis), tinnitus/ear ringing, recurring headaches or migraine, visual disturbances, nerve suffering, high blood pressure, muscle tension, bone diseases, or others?
- ✦ Do you suffer from inflammatory diseases?
- ✦ Do you suffer from susceptibility to infection?
- ✦ Do you have a tendency for increased mucus?
- ✦ Do you suffer from increased water retention/edemas?
- ✦ Do you suffer from over-/underweight or weight fluctuations?

Self-Conception:

- ✦ Do you feel comfortable in your own skin or are there things you dislike (e.g. your weight, hair, skin, lips, belly, tan, etc.)?
- ✦ Are you proud of yourself and tell others that you are?



- ✦ Can you look in the mirror and say "you are beautiful" or does this sound ridiculous to you?
- ✦ Can you say "I love you" to yourself or does this idea sound too cheesy?
- ✦ Does socializing online (e.g. when posting pics of yourself) make you feel good or does it exhaust, dissatisfy, or depress you or make you feel insecure?

Ego:

- ✦ Do you appreciate other people's negative criticism and feel grateful for this kind of feedback or do you feel offended?
- ✦ Do you often feel criticized?
- ✦ Do you secretly enjoy gossiping?
- ✦ Do you tend to criticize others?

Resting:

- ✦ Do you find moments each day when you are all by yourself and you can relax and not think of your to-do-list?
- ✦ Do you meditate or practice yoga or use other practices/rituals that make you just live in the moment without... well... thinking?
- ✦ Do you think that the way in which you relax is truly relaxing? Or are there other ways that you think might be more relaxing but you have not yet implemented them in your daily routines?

Mindset:

- ✦ When you get up every morning, do you look forward to your day?
- ✦ When you talk with your best friends with whom you feel you can share everything, what do you find yourself doing more often: share happy stories or complain about things that burden you?
- ✦ Are there things in your life you would like to change but you feel you can't?
- ✦ Are there things of which you are afraid?
- ✦ Do you feel that you are at somebody's mercy?
- ✦ Do you believe in some higher power guiding you?



- ✦ Are you convinced that whatever happens in your life is best for you?
- ✦ Do you sometimes feel punished?

Nearly done – congrats! Now the very last 3 questions:

- ✦ **Do you feel that you are in OR out of balance?**
- ✦ **Do you have the impression of suffering from Working Mom Burnout?**
- ✦ **Would you like to change something about your current Working Mom State of Being?**

Just rely on **your feeling** because you are the only one who can answer these questions. OR count your marked/ticked answers per category. **2 ticks** per category may already serve as an imbalance indication and a Working Mom Burnout tendency.

You feel that you are out of balance and suffer from Working Mom Burnout? **No worries, you got this!**

**In my *Woman by Nature* Teachings & Coachings
I support you with your transformation
from Working Mom Burnout to *Woman by Nature* Balance.**

See you there, can't wait to get to know you!

All best & Namasté,

Claudia

