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## Assess Your Chaos Challenge!

### TIME

- I am currently working more than 10 hours per day
- I frequently skip a meal to get more done
- More than 30% of my schedule is under the control of others
- My daily schedule is typically booked 80% or more
- I take my blackberry to the bathroom

### PERSONAL ORGANIZATION

- My desk/office is overrun with stacks, piles and sticky notes
- I frequently keep paper/email because "I might need it some day"
- My calendar would keep an air traffic controller busy
- I have trouble getting the information or resources I need
- My to-do list is my best friend and goes with me everywhere

### ADRENALINE

- I drink caffeine to get/keep me going
- I am typically 5-10 minutes late to my appointments
- I tend to add things to my plate when life calms down
- I often put things off until the last minute
- I feel weird when I am not busy doing something

### BELIEFS

- I believe that things will be better for me when I finish \_\_\_\_\_
- I believe that saying NO to something I've been asked to do is bad for my career
- I believe that I have to finish what I start in order to be successful
- I believe that my best skills are not being utilized
- I believe that I will become unemployed in the next 12 months

### ENVIRONMENT

- I have changed leaders more than twice in the last year
- I have significantly changed roles in the last year
- I take work home regularly
- My family headcount has increased in the last 6 months
- I am on a first-name basis with the company janitor

20-25: You are ripe for a Chaos Intervention!

15-19: Chaos is alive and well in your life.

10-14: You can relate to living in chaos but keep it at bay most of the time.

5-9: Congratulations! You are a skilled "chaos rider".

0-4: We could all learn from your example!