
Business Owner Stress Survey

The survey below is designed to assess the level of stress you currently experience in your business situation. To take this Free Survey, just circle the most appropriate number at the left of each statement. Give yourself 1 point for each number one circled, 2 for each number two circled, and 3 for each number 3 circled. Add up your points and check your total against the comments at the bottom of this survey.

A. In the morning I feel tense about getting down to business:

1. On occasion-- but most of the day I feel pretty good about starting the day.
2. Frequently, particularly where things seem to be up in the air.
3. Everyday ... no matter what the current problems are.

B. During the day, in business:

1. I enjoy the work and leave only when I have something more important to do.
2. The place is stressful at times, but I tend to hand in.
3. I find it impossible to remain for any length of time and will use any excuse to leave.

C. In relationship with the staff:

1. We're almost like a family, and I have people who have been with me a long time.
2. I can get uptight with the staff, but they understand ... most of the time.
3. I'm irritable and tense with my employees and have a high turnover.

D. Considering my income:

1. I'm making good money. I'd like more, but I don't think I could be as happy in another job.
2. Money is tight and I wish I could make more, but things are tight for everybody.
3. I never have enough money either inside or outside the business. I could probably make more money doing something else with less stress.

E. In my search for happiness and contentment:

1. I am basically very happy and find that having my own business contributes to that feeling.
2. I am relatively happy, but find that something is missing that I can't put my finger on.
3. I am very unhappy and frustrated most of the time.

F. Regarding my ability to sleep and relax:

1. I sleep quite well and I feel refreshed when I wake up.
2. When things are difficult, I may wake up thinking about the business, but I still find I can't "get away" mentally.
3. I don't sleep well and find myself worrying about the business. There doesn't seem to be any time to relax.

G. When a customer walks into the business with a problem:

1. I see most problem people as challenges and do my best to convert them to happy, long-term customers.
2. Customers cause me frustration and stress, but that's business.
3. I find myself getting very irritable and sometimes try to avoid the situation.

H. At home, the atmosphere is:

1. For the most part, very positive. That's probably in part because I'm happy with my work.
2. On difficult days I find that I can strain relationships at home if I'm not careful.
3. Basically a mess. I bring the business home and stress everyone. There is going to be real problem if I don't change.

I. Regarding eating, drinking and smoking:

1. I seldom have to resort to over-indulgence to relieve the pressure.
2. I've been known to have a couple of drinks to relieve the pressure.
3. To balance the pressure I probably eat too much, drink too much and basically over-indulge.

J. If I sell the business:

1. I'd be unhappy because I really enjoy the business.
2. I'd be able to get another job or another business and be careful to find one with a little less stress.
3. I would be very happy and relieved.

Total Score: _____

Scoring Interpretations

- 10 - 17** You are probably happy with your business and controlling the pressure. Unless some pressing problems exist or another valid reason (retirement), then consider continuing.
- 18 - 23** You are experiencing some stress, at times rather serious. You should isolate and solve the problems to get more satisfaction from your business.
- 24 - 30** You are experiencing considerable tension and stress running your business. If this continues, you should consider all of your options, including selling.

Your Next Step

If your score is 18 and higher, call **727.251-3970** or email Seann@MaxYourBiz.com to arrange your FREE Initial Consultation.