TOOL 5

The Life-Left Test

Use it across four ordinary workweeks, not after one bad day.

Does the current work arrangement usually leave enough usable capacity for:

- basic care;
- relationships;
- personal responsibilities;
- recovery;
- some non-obligatory life?

An occasional no is ordinary. Repeated no answers across most domains for weeks point to the work arrangement, not the recovery routine. Chapter 17 sets out the full test and what to do with the result.