



**THREE PIECE LIFE**  
eCOACHING *with* TIM JOHNS

# Ten reasons why you might work longer hours than you should

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Use this worksheet to explore the reasons why you may be working longer than necessary. It encourages you to reflect on work habits, motivations, and the potential underlying factors that could be contributing to your extended hours.



# Ten reasons why you might work longer hours than you should (1/3)

Read each heading and the description. Take a moment to think about it. Maybe capture a few thoughts, and give it a ranking. Then move on to the next one and repeat. At the end of the exercise, try and create a summary of your thoughts.

1. **Workload and Deadlines:** People may work longer hours to meet heavy workloads or tight deadlines, especially when faced with high-pressure situations.

Ranking  
(1-10)

2. **Workaholic Tendencies:** Some individuals have a natural inclination or drive to work excessively, often deriving a sense of identity or self-worth from their work.

Ranking  
(1-10)

3. **Career Ambitions:** Those who are highly ambitious or striving for career advancement may put in extra hours to demonstrate dedication and stand out among their peers.

Ranking  
(1-10)

4. **Job Insecurity:** Fear of job loss or the need to prove oneself in a competitive work environment can drive individuals to work longer hours.

Ranking  
(1-10)

5. **Perceived Expectations:** Employees may feel pressure, whether real or perceived, to work longer hours due to workplace culture, peer influence, or the actions of superiors.

Ranking  
(1-10)

# Ten reasons why you might work longer hours than you should (2/3)

- 6. Financial Incentives:** Overtime pay or bonuses tied to productivity can motivate people to work longer hours in pursuit of financial rewards.
- Ranking (1-10)
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- \_\_\_\_\_
- \_\_\_\_\_
- 7. Work-Life Imbalance:** Poor work-life balance can lead to individuals sacrificing personal time and extending work hours to compensate for other commitments or responsibilities
- Ranking (1-10)
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- \_\_\_\_\_
- \_\_\_\_\_
- 8. Perfectionism:** Some individuals with perfectionistic tendencies may feel compelled to invest excessive time and effort into their work to ensure it meets exceptionally high standards.
- Ranking (1-10)
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- \_\_\_\_\_
- \_\_\_\_\_
- 9. Lack of Boundaries:** Blurring the lines between work and personal life can result in individuals consistently working longer hours, struggling to disconnect and establish healthy boundaries.
- Ranking (1-10)
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- \_\_\_\_\_
- \_\_\_\_\_
- 10. Passion and Commitment:** A strong passion for one's work or a deep sense of commitment to a particular project or cause can drive individuals to willingly work longer hours to achieve their goals.
- Ranking (1-10)
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- \_\_\_\_\_
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# Ten reasons why you might work longer hours than you should (3/3)

**REMEMBER** I'm not against hard work and long hours. I recognise that occasional or temporary long hours may be necessary in certain situations. But consistently working longer hours than necessary can have negative effects on physical and mental well-being and work-life balance.

## **ADDITIONAL OBSERVATIONS**

Write down any further thoughts about what you like about your work

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