

# Balancing Life Roles

**Purpose:**

To help you examine the relative time you spend on each of your major life roles. You will also assess if you would like to make changes to create a better balance among the roles you consider important.

**Instructions:**

1. Under the column labeled "Current Level," estimate the relative amount of time you spend on that life role.
2. Now consider whether this is how you want to spend your time. Alter the percentages under the "Preferred Level" column to reflect how you want to spend your time.

**Exercise:**

Role	Current Level	Preferred Level
Worker	<input type="text"/> %	<input type="text"/> %
Learner	<input type="text"/> %	<input type="text"/> %
Religious or spiritual participant	<input type="text"/> %	<input type="text"/> %
Person at leisure	<input type="text"/> %	<input type="text"/> %
Citizen	<input type="text"/> %	<input type="text"/> %
Friend	<input type="text"/> %	<input type="text"/> %
Spouse or partner	<input type="text"/> %	<input type="text"/> %
Family member	<input type="text"/> %	<input type="text"/> %
	= 100%	= 100%

**Reflections:**

1. What changes would you need to make in your life to spend your time in a way that brings you greater satisfaction?

Adapted from: Bloch, Deborah & Lee Richmond (1998). *Soulwork Finding the Work You Love, Loving the Work You Have*. Palo Alto, CA: Davies-Black Publishing.