









Balancing Life Roles

Create a better life balance by examining your different life roles and making adjustments to the roles that are more important to you. Fill in the % of time you spend in each role and then the preferred % of time you would like. Take notice of the differences and adjust how you spend your time accordingly!

| | Current | Preferred |
|--|------------------------|------------------------|
|  WORKER | <input type="text"/> % | <input type="text"/> % |
|  LEARNER | <input type="text"/> % | <input type="text"/> % |
|  SPIRITUAL PARTICIPANT | <input type="text"/> % | <input type="text"/> % |
|  CITIZEN | <input type="text"/> % | <input type="text"/> % |
|  FRIEND | <input type="text"/> % | <input type="text"/> % |
|  AT LEISURE | <input type="text"/> % | <input type="text"/> % |
|  SPOUSE | <input type="text"/> % | <input type="text"/> % |
|  FAMILY MEMBER | <input type="text"/> % | <input type="text"/> % |
| TOTAL | =100% | =100% |