***DR. JAIME***

**Balancing Life Roles**

**Purpose: The purpose of this worksheet is to get you to visually see where you are currently spending your time and where you would prefer to spend your time. You will also assess if you would like to make changes to create a better life balance.**

**Directions: Under the column labeled “Current Level,” estimate the percentage of time you spend on that life role. Under the column labeled “Preferred Level,” write the percentage of time you *want to* spend in that life role**.

***\*\*\*you personally define the life role listed. For example, “leisure” for you may be different from “leisure” to me.***

|  |  |  |
| --- | --- | --- |
| ROLE | CURRENT LEVEL % | PREFERRED LEVEL % |
| Worker |  |  |
| Learner |  |  |
| Religion/Spiritual |  |  |
| Leisure |  |  |
| Friend |  |  |
| Citizen |  |  |
| Spouse/Partner |  |  |
| Family Member |  |  |

**Reflections: What changes would you need to make in your life to spend your time in a way that brings you greater**

**satisfaction?**