









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%