

Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

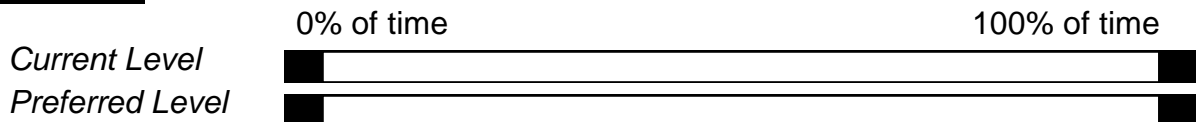
## Balancing Life Roles ----- "The Time Evaluator"

**Purpose:** To help you examine the 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.

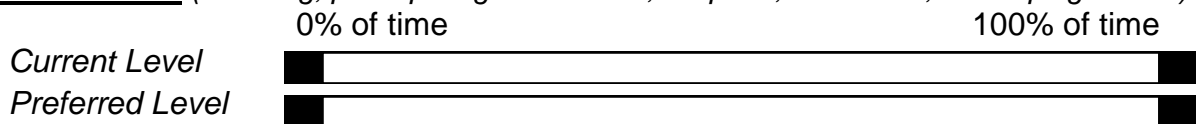
**Instructions:** On the row labeled "Current Level," estimate the amount of time you spend on that life role. Shade in the bar graph up to the level you spend now. Consider whether this is how you want to spend your time or if you would like to better balance your time in this area. Under the "Preferred Level," shade in the bar graph to reflect how you want to better spend your time.

### Life Roles

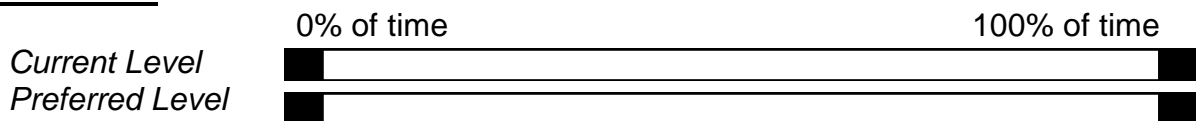
#### Family Member



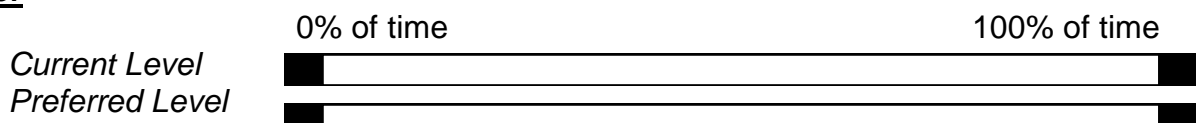
#### Person at Leisure (Relaxing, participating with friends, in sports, in hobbies, developing talents)



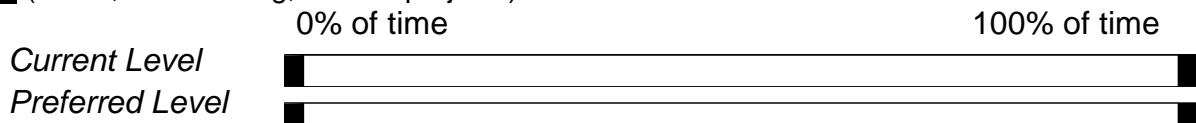
#### Learner/Student



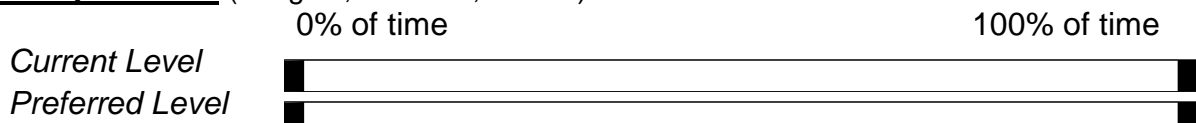
#### Worker



#### Citizen (Scout, volunteering, service projects)



#### Community Member (Religion, activities, culture)



**Reflection:** What changes would you need to make in your life to spend your time in a way that would bring you greater satisfaction and accomplishment? Will these changes help you reach your goals for the future? How?