






Work-life balance – self-analysis

Where does my time go?

The five central areas of life

 Work Everything related to your professional occupation (including training and education, voluntary work)	 Me Everything I do for myself rather than for/because of other people, e.g. exercise, listening to music, meditation, etc.	 Relationships/family My partnership, my family, my circle of friends	 Household/chores Cooking, cleaning, grocery shopping, eating, etc.	 Sleeping Hours asleep – your actual hours asleep from going to bed to waking up
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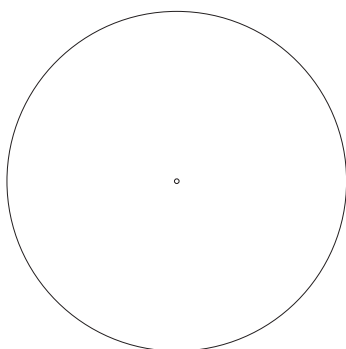
How much time do you spend in each area?

Split each of the three circles into five pieces like a pie – one for each life area.

Choose a different colour for each area.

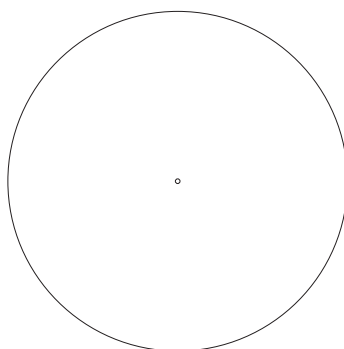
- Work Me Relationships/family Household/chores Sleep

My current lifestyle



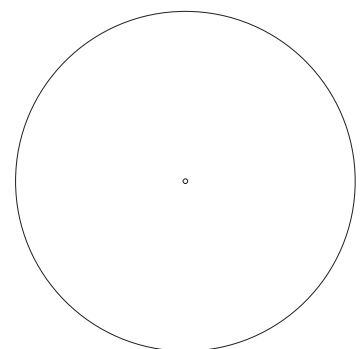
Divide the areas proportionally according to how much time they take up in your life currently.

My desired lifestyle



Divide the areas according to how much time you wish they would take up.

My realistic lifestyle from _____



Divide the areas such that they come closer to your wishes, but are still realistic. When do you want to implement these goals?