

# 1How Balanced is Your Life?

List the activities and number of hours you dedicate to them each day. Compare the results to find ways of balancing your days more equitably.

## Work

Paid or in-kind work, including personal preparation time, drive time, overtime hours.

Task	Daily or Weekly Hours	Task	Daily or Weekly Hours

## Administration

Maintenance of home and possessions, planning, organizing.

Task	Daily or Weekly Hours	Task	Daily or Weekly Hours

## Self-Care

Relaxation, laughter, hobbies and interests, physical and mental healthcare, nourishment, love, connection.

Task	Daily or Weekly Hours	Task	Daily or Weekly Hours

## Other-Care

Supporting friends, caretaking of parents or extended family, caring for pets and animals, giving to your community.

Task	Daily or Weekly Hours	Task	Daily or Weekly Hours

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<sup>1</sup> Karen Kochenburg, LCSW 2023