

## REFLECTION ON WORK-LIFE BALANCE

Exercise: Review your calendar for at least 2-4 weeks, placing each event into one of the three columns. Total the number in each column and compare; consider the balance between what you do for others and what you do that supports your own well-being. Discuss your results with a trusted colleague or in reflective supervision.

Things I do for work	Things I do for others outside work	Things I do for me
<i>Ex: Meetings with colleagues</i>	<i>Ex: Drive children to sports event</i>	<i>Ex: Doctor appointment</i>
<i>Ex: Sessions with clients</i>	<i>Ex: Volunteer at church</i>	<i>Ex: Go to a movie with spouse or friend</i>
<i>Ex: Paperwork</i>	<i>Ex: Serve on local board for not-for-profit organization</i>	<i>Ex: Plan a family vacation</i>
<i>Ex: Research resources and useful information for families</i>	<i>Ex: Lawn care for aging parents</i>	<i>Ex: Massage, exercise, pedicure/manicure</i>

(continued)

# For more, visit: [bpub.fyi/TTS2e](http://bpub.fyi/TTS2e)

Things I do for work	Things I do for others outside work	Things I do for me
TOTAL:	TOTAL:	TOTAL: