

Life Balance

ACTIVITY BOOK



JAMES COOK
UNIVERSITY
AUSTRALIA

STUDENT NAME

STUDENT NUMBER

Student Equity & Wellbeing

jcuwellbeing.info

Activity 1

Write your own work-life balance definition.

Activity 2

1. Complete the table and draw on the first pie chart to show the % of time during the period of one week that you currently allocate to each aspect of working, learning, playing and giving.

CURRENT

ACTIVITY	PERCENTAGE (TOTAL 100%)
Working	
Learning	
Playing	
Giving	

2. Complete a second table and pie chart to show the % time during the period of one week that you would ideally like to allocate to each category of working, learning, playing and giving.

IDEAL

ACTIVITY	PERCENTAGE (TOTAL 100%)
Working	
Learning	
Playing	
Giving	

3. Compare your pie charts and consider any areas that are significantly different.

Note down the significant discrepancies, and we will address these later in the module. Remember that you will have different pie chart results at different times of your life and you may not be imbalanced in all areas.

Activity 3

Note any changes that you could make to rebalance the **working** aspect of your life. For example, 'apply for a part time position at...', 'arrange to meet your manager to ask for less hours each week'.

Things that I could do to <i>increase</i> my <i>working</i> aspect	Things that I could do to <i>decrease</i> my <i>working</i> aspect

Activity 4

Note any changes that you could make to rebalance the **learning** aspect of your life. For example, 'get to Uni at 8.30am on a Tuesday in order to prepare for my 10am tutorial,' 'talk to....about reducing to part time study next semester'.

Things that I could do to <i>increase</i> my <i>learning</i> aspect	Things that I could do to <i>decrease</i> my <i>learning</i> aspect

Activity 5

Note any changes that you could make to rebalance the **playing** aspect of your life. For example, 'arrange a regular coffee catch up with...' , 'choose to pursue only one of my three sporting activities during semester'.

Things that I could do to <i>increase</i> my <i>playing</i> aspect	Things that I could do to <i>decrease</i> my <i>playing</i> aspect

