LIFE ROLES AND DOMAINS EXERCISE

Note that this exercise is part of Week 4 (http://www.womenworklife.com/2016/01/26/week-4-juggling-multiple-roles-can-be-good-for-life-balance/) of the 52 Weeks to Better Life Balance blog series.

1. Make a list of all the major roles (titles you take on) or domains (areas or aspects you spend time on) in your life. Note that you can go with the concept of “life roles”, “life domains”, or a mix. Do whatever makes most sense to you and your life. Examples of both are listed below.

Examples of Life Roles = Mother, Father, Friend, Wife, Husband, Daughter, Son, Partner, Housekeeper, Employee, Boss, Student, Business Owner, Community Member, Volunteer

Examples of Life Domains = Caretaking, Housekeeping, Friendships, Socializing, Career, Hobbies, Business, Leisure, Health, School, Spirituality, Religion, Life Tasks

1. _______________________________
2. _______________________________
3. _______________________________
4. _______________________________
5. _______________________________
6. _______________________________
7. _______________________________
8. _______________________________
9. _______________________________
10. ______________________________
11. ______________________________
12. ______________________________
2. Draw a big circle and divide it by all the roles/domains you listed above (like pie slices). The size of each slice represents how much time you spend in that role or area (make your best estimate in terms of time).

3. Of all the roles/domains you’ve included above, which ones are most important to you or are your top priorities (give them a star)? Why are they of high value to you? Are you spending a satisfactory amount of time (to you) in these key roles/domains? Keep in mind that even though you may spend a small amount of time in some roles, it doesn’t mean they are unimportant. For example, if you have a hobby that you love, you might be dabbling in it a couple of hours per week. Perhaps you’d like to engage a bit more in this hobby, but you would never expect that you will reach the number of hours that you spend in other domains. And that’s just fine.
4. How do your roles/domains interact, conflict, and complement each other? Have you taken on any undesirable roles or spend more time on some roles/domains than you’d like?

5. What are your expectations of your roles/domains? In other words, how would you define success in each of these roles/domains? For example, what does it mean to you to be a good mother/father? Go back to the first page and jot down what “success” means to you in each of the roles/domains that you listed (or write below).

6. Going back through your definition of success for each role/domain, take a moment to consider what has influenced your expectations for each one. Culture? Media? Family members? Think about the external messages you have received about these areas. Do you think your expectations are realistic and fair?

7. How might you want to change your expectations for each role/domain? Make a note regarding what you can do differently.
8. Does the constellation you drew on page 2 represent your ideal life balance of roles/domains? Are there any you want to add, get rid of, or minimize? Draw your more ideal set below, including ideal size.

9. How would you like to improve in each role/domain? Write a list of goals for each one below (note that you can have more than one goal per role/domain). It may be helpful to refer to your responses in the New Year Work-Life Balance Reflection Questions Exercise (http://www.womenworklife.com/wp-content/uploads/2016/01/New-Year-Work-Life-Balance-Reflection-Questions.pdf) that you completed for Week 1. (Note that you will be coming back to these goals next week).