

WORK / LIFE BALANCE DIAGRAM

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Diagram your work / life balance. What proportion of your life do you spend on the following life activities? (Complete your personal pie chart for a typical week.)

- **Sleeping**
- **Working (Job, volunteer work)**
- **House Work (e.g. cooking, cleaning, maintenance, etc.)**
- **Family / Intimate Partner Time**
- **Errands and bills and banking, etc.**
- **Child care / Eldercare**
- **Entertainment, intellectual, hobbies and cultural life**
- **Friends and social life**
- **Spiritual life and community involvement**
- **Time for me: _____**

(Draw a circle and complete a “pie chart”)

Is this the right balance for me? If not, what would I change?