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?