Finding Balance in Your Life

*Career & Life Education 9*

**BIG IDEA**

Finding a balance between work and personal life is essential to good physical and mental health

**CURRICULAR COMPETENCIES**

Recognize the need for a healthy balance between school and other life activities.

Save this file as

“FBIYL\_YOUR FULLNAME.docx”

Record all your answers below in **blue**

When you are done, email it to [wablitt@sd35.bc.ca](mailto:wablitt@sd35.bc.ca) with this file as an attachment. No other formats will be accepted.

**Weighing out your activities.**

Take a moment to be mindful and reflect of the following ideas. Think about the kind of things that take up your day.

1. courses at school that you attend
2. clubs or teams you belong to
3. organized or scheduled stuff outside of school (sports, religion, etc)
4. unscheduled stuff (going to the mall, movie, stuff with your parents, etc)
5. homework
6. part time job
7. chores around the house
8. other

**List the stuff that takes up your day.**

1. Put what takes the most time at the top, and what takes the least time at the bottom.
2. Now, reorganize the list to most important at the top to least important at the bottom.

Over the next while I would like you to keep a log of your activities to see if your perceptions are correct. If you are like me, you are sometimes shocked by the amount of time you spend on your phone and it doesn’t always line up with your own perception. Measuring what we do can be an effective tool.

At the end of each day, spend some time writing down what you did. Let’s try doing it for three days. Categorize your activities and write down how much time you spent doing them. The more honest you can be in this exercise the better. I will not be judging you on how you spend your time. I will not ask you about it. This is for you to understand yourself, so the more accurate you can be, the better it will be for you.

Monday

Tuesday

Wednesday

1. Now that you are done logging your activity, what catches your attention? What time seems higher or lower that you think it should? Why do you think that is?
2. What do you think you can do to change it?
3. How’s your stress level these days? Give yourself a rating from 1-10 (1= I need some help, stressed out, unable to cope. 10= flexible, easy going, happy, able to cope)
4. Does that number change often or is it a similar situation on most days?
5. Finding balance in your life might help you to get a higher number on that scale more often. What changes could you make to move that number?