

# Evaluate Your Life Roles

Adapted from Donald Super's Life Roles Rainbow

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Brainstorm a list of all of the roles you hold in your life in the space below.

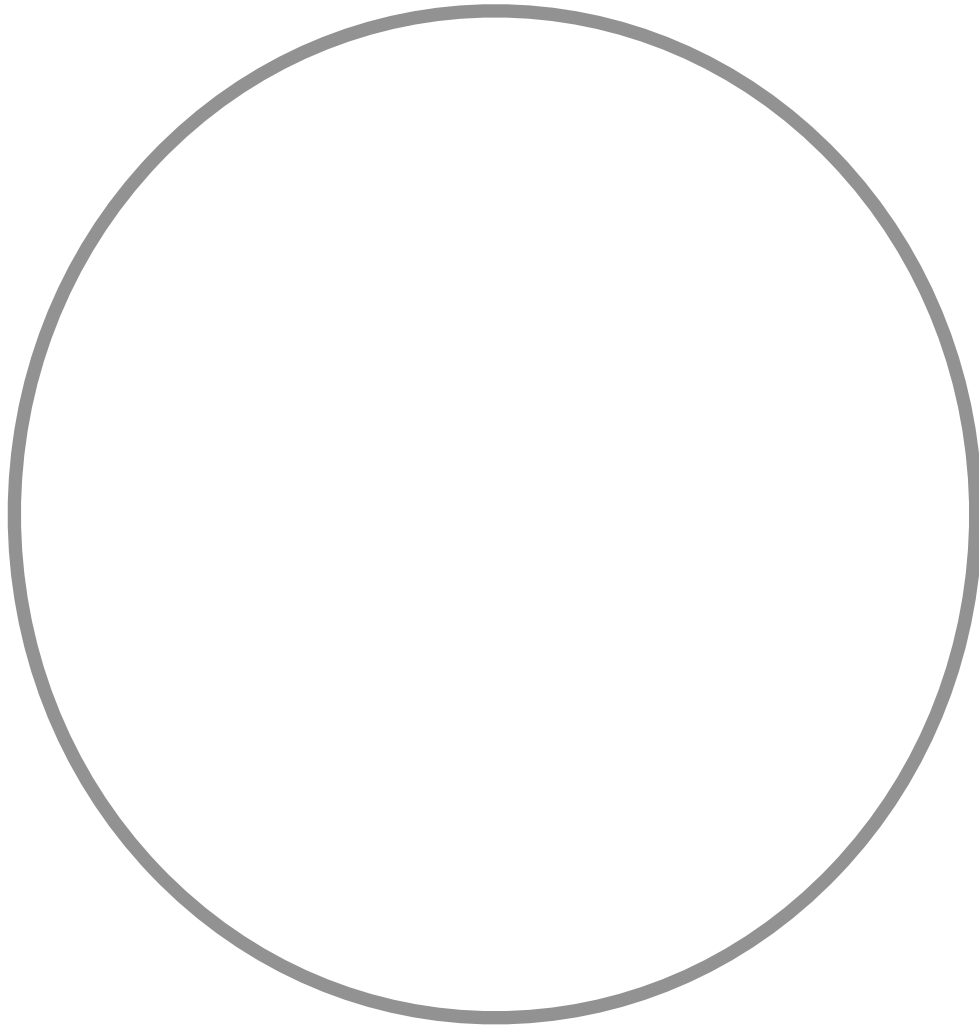
Some possible life roles include: Child, Student, Leisure Roles (Artist, Reader, Athlete, etc.), Citizen, Worker, Parent, Spouse/Partner, Homemaking Roles (Home maintenance, meal prep, laundry, etc.).

## REFLECTION QUESTIONS

1. What emotions do you notice as you look through the list of your life roles?
2. Which roles get the most of your time and attention? The least?

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Complete the first pie graph with your current life roles and the proportion of the amount of time they take.

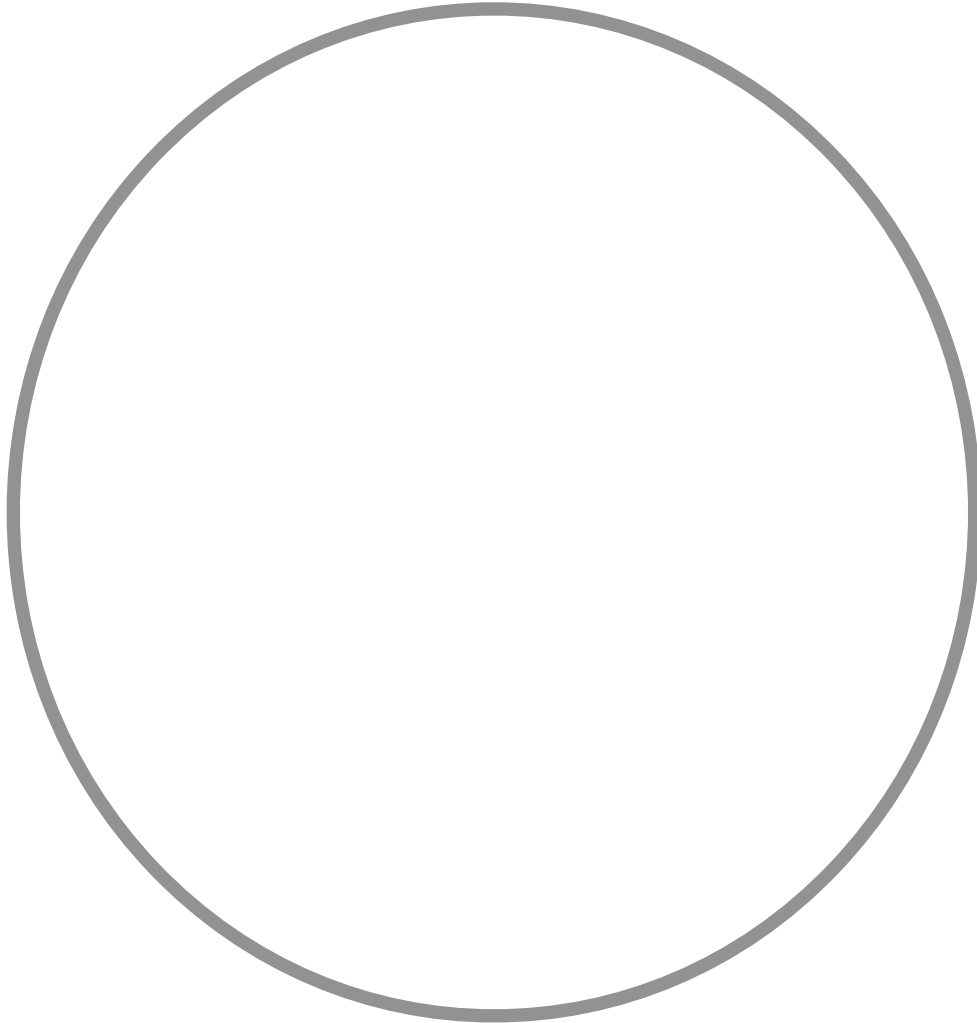


## **REFLECTION QUESTIONS**

1. On a scale of 1-10 (with 1 being not satisfied and 10 being highly satisfied), how satisfied are you with the proportion of time each life role is currently taking?
2. For areas you rated lower than 5, what is leading to your dissatisfaction?

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Fill out the second pie graph with how you'd like to change the proportion of the amount of time your life roles take.



## **REFLECTION QUESTIONS**

1. What potential barriers will prevent you from moving the proportion of your life roles from the first pie chart to the second pie chart?
2. What's one action step you can take this week to begin to move towards your desired balance of life roles?