

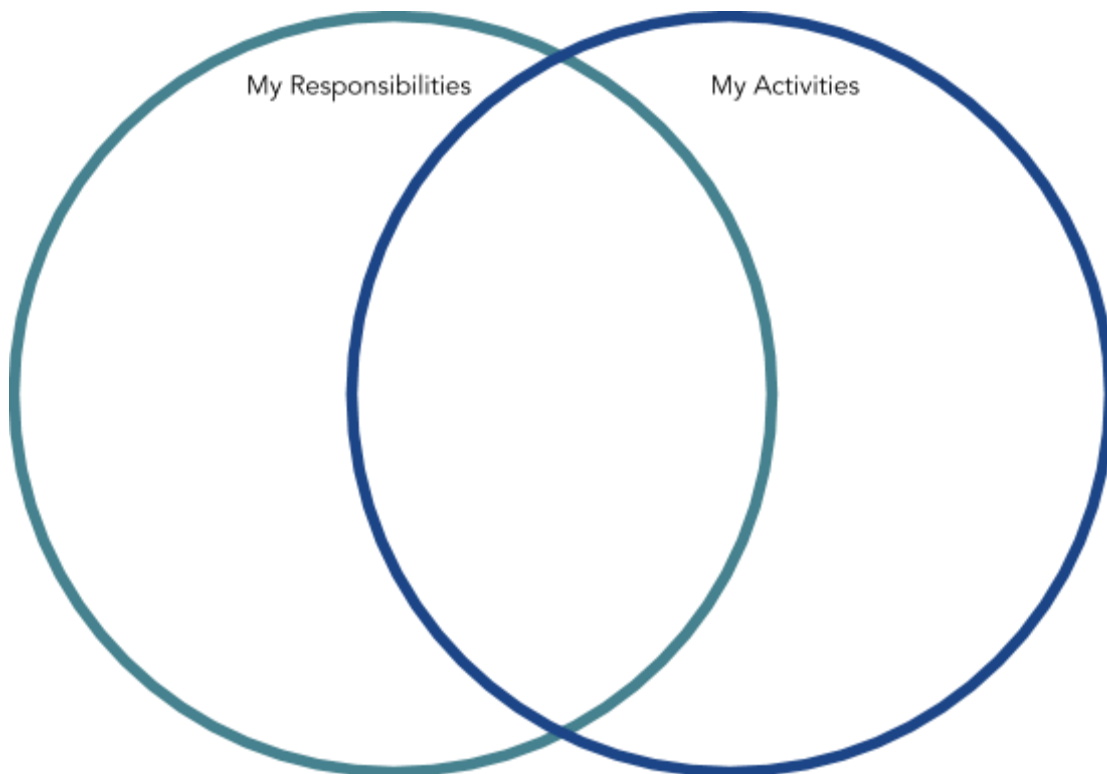
Name _____

Date _____

Balancing My Responsibilities vs. Activities

DIRECTIONS - Part 1

In the My Responsibilities section below, write your duties: the things that you must do and are responsible for doing (i.e., schoolwork, chores, etc.). In the My Activities section, write the things you like doing (e.g., riding your bike, making art, playing games, etc.). In the middle of the diagram, write the things that are both things you *must* do but *like* doing.



DIRECTIONS - Part 2

Take a look at your diagram. What do you notice? Does anything seem out of balance to you?

- Put a "plus" sign next to the things you'd like to do more of.
- Put a "minus" sign next to things you'd like to do less of, or things you can ask for help with.

Think of one thing you can change based on your pluses and minuses. Complete the following sentence. (Hint: Be *very specific* in what you'll change!):

I can make my life feel more balanced by _____

_____.