**Integrating Your Life**

The purpose of this activity is to identify each of the major areas of your life—work life, personal life, family life, and community life/friends. List all the important activities and commitments related to each area.

|  |  |
| --- | --- |
| **Family Life** | **Personal Life** |
|  |  |
| **Work/Professional Life** | **Community Life and Friends** |
|  |  |

Now, let’s look at the status of your buckets. Calculate the amount of attention you currently give to each area of your life by giving each area a percentage. Then assign a percentage to the amount of attention you *desire* to give each area of your life. The percentages for each column should add up to 100.

|  |  |  |
| --- | --- | --- |
| **Bucket** | **Attention Given**  (percent) | **Attention Desired**  (percent) |
| Family life |  |  |
| Personal Life |  |  |
| Work/Professional Life |  |  |
| Community Life and Friends |  |  |

What do you notice?