

Take Hold of Your Future, ^{5th Edition}

Life Role Diary

Where does your time go? This activity helps you to focus on the bandwidths of each of your life roles so you can answer that question with some certainty. For the next week (or amount of time specified by your instructor, if you are using this book in a course), keep a Life Role Diary. Use this activity sheet or pages 43-46 in your text.

Record what you do throughout each day. Be sure to record which life role or roles you are playing during each activity. At the end of the week or specified period of time, add up the time spent in each life role and compare it to the total hours of time available to you. Is this the allocation you might have expected? Are you satisfied with the way your time is being spent?

After completing this activity, print a copy or save the file to your computer or a disk.

Day 1	(Day/Date)		
Time	Activity	Hours Spent	Life Role(s)

Visit the *Take Hold of Your Future* web site at www.careerguide.org.

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Day 2	(Day/Date)		
Time	Activity	Hours Spent	Life Role(s)

Day 3	(Day/Date)		
Time	Activity	Hours Spent	Life Role(s)

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Day 4	(Day/Date)		
Time	Activity	Hours Spent	Life Role(s)

Day 5	(Day/Date)		
Time	Activity	Hours Spent	Life Role(s)

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Day 6	(Day/Date)		
Time	Activity	Hours Spent	Life Role(s)

Day 7	(Day/Date)		
Time	Activity	Hours Spent	Life Role(s)

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Totals for the Week:			
Life Role	Bandwidth (hours spent on role)	Percentage of Total (hours spent on role total hours)	
Son/Daughter			%
Student			%
Worker			%
Spouse/Partner			%
Homemaker			%
Parent			%
Leisurite			%
Citizen			%
Total			