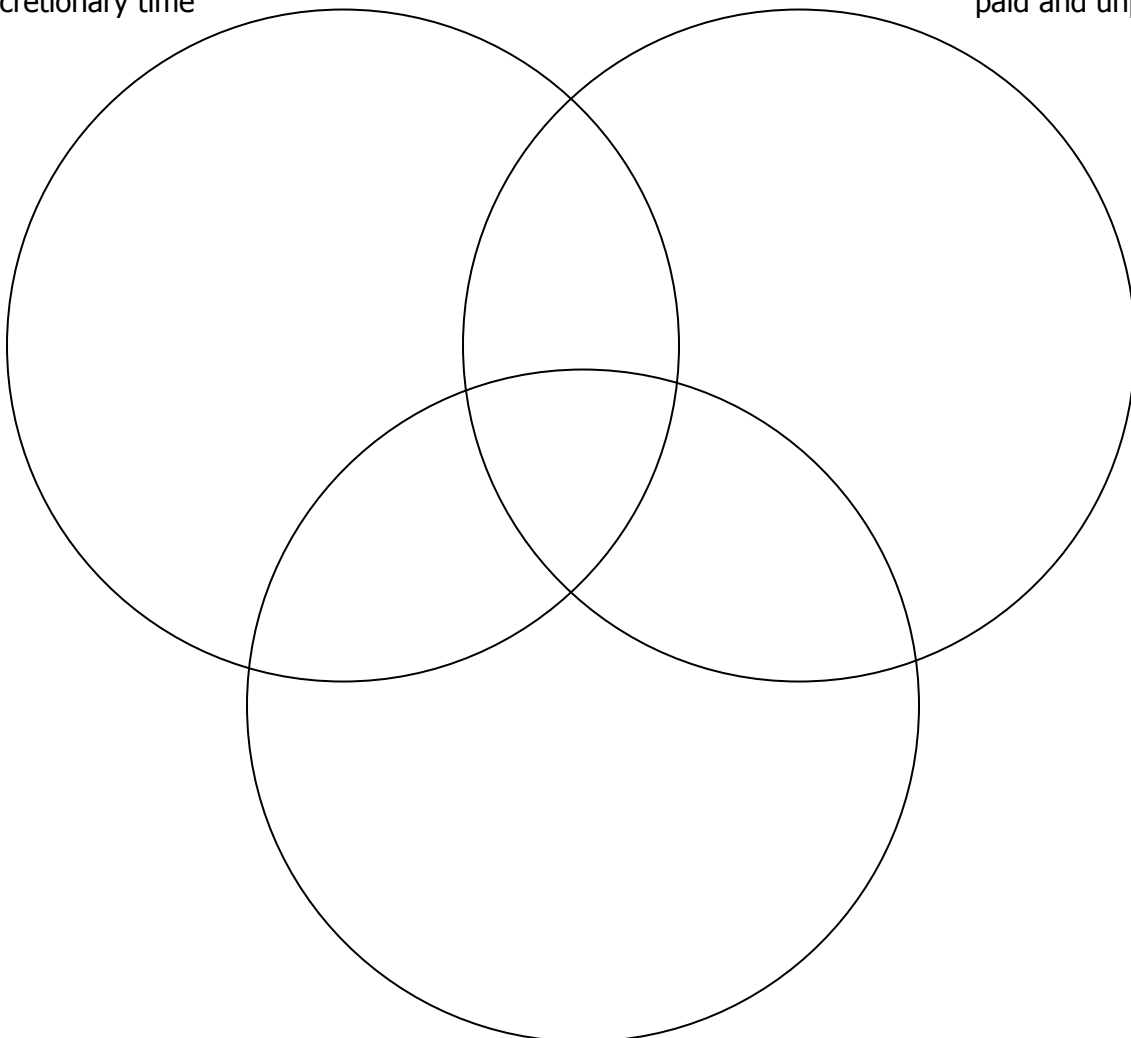

Three Spheres of Life Revisited

Ideal Balance

Instructions: Write the activities listed in your one-week 24-hour log in the appropriate spheres, and then rearrange them and add or remove activities to create what you consider to be an ideal balance among the three spheres of life.

Leisure
discretionary time

Work
paid and unpaid



Learning
formal and informal