My Occupational Balance

Consider your current life activities and resources in each of the areas below. If you would like to change any one of the major areas to a different label that better reflects major components of your life, please do. For instance, caregiving might be one you might substitute.

First, in each area, on the grid, indicate your current level of life satisfaction with each aspect of your life. The range is from 0 (no satisfaction) to 10 (complete or fully satisfied).

Next, connect the points you marked for each.

Second, Mark the points on each scale of where you would like to be in this current life activity. Then, connect the points you marked for each using dashes (---), a different pen or other process so can distinguish the two.