Maintain Balanced Life And Work Roles

In this activity you will consider:

• Your priorities in life
• How priorities vary at different life stages
• Your preferred relationship with work
• What you would like to include in future work, and what you want to avoid

CONSIDER YOUR OVERALL PRIORITIES

1. What are your priorities? What things are most important for you to do or accomplish?
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_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

2. With respect to family, health, finances, intellectual, social, professional, and leisure time etc., why are these people and/or things important?
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_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

3. How does working affect other priorities? Be open to both positive and negative impacts of work, but try to focus on the positive.
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_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

4. What does an individual need to have or do to balance work with other responsibilities?
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_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Share your responses with those around you. Do you notice big differences?
CONSIDER YOUR PRIORITIES AT EACH LIFE STAGE

Take a few minutes to think about your priorities at each life stage for the three categories. Think about such things as your family, friends, leisure, health, finances, etc.

<table>
<thead>
<tr>
<th>Life stage</th>
<th>Age</th>
<th>Preferred lifestyle</th>
<th>Work and career</th>
<th>Education and training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adolescence</td>
<td>15 - 20</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Young Adult</td>
<td>20 - 30</td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>30 - 40</td>
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<tr>
<td></td>
<td>40 - 50</td>
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<td></td>
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</tr>
<tr>
<td></td>
<td>50 - 60</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>60 - 70</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Old Age</td>
<td>70+</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Share your ideas with the group. Does everyone have similar priorities for each life stage? What do you think accounts for the similarities and differences?

CONSIDER YOUR PREFERRED RELATIONSHIP WITH WORK

Our lives are made up of work time, leisure time, and maintenance time (sleeping, eating etc). The more time we spend at work, the more we squeeze the other two. In making a choice of job and career, it is important to be clear about the amount of time we are willing to invest so that we can still achieve a balance.

Which of the following statements would you subscribe to? Write your name in the appropriate box. Where would your friends, relatives and acquaintances fit on the chart?

<table>
<thead>
<tr>
<th>My investment in work time:</th>
<th>People this applies to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>I couldn’t possibly do something I wasn’t interested in. There is no difference for me between work and leisure. My life is my work.</td>
<td></td>
</tr>
<tr>
<td>Work is an important part of my life and although it is not my sole reason for living, it certainly takes precedence over leisure, entertainment, and non-work activities.</td>
<td></td>
</tr>
<tr>
<td>I want to achieve some kind of balance between the energy I devote to work and that which I devote to non-work. Work and leisure are equally important.</td>
<td></td>
</tr>
<tr>
<td>Although I work reasonably hard while I am at work, when it comes to 5pm, I want to switch off. I refuse to take work home. My own time is very precious to me.</td>
<td></td>
</tr>
<tr>
<td>The kind of work I do has very little significance. All I want is the chance to earn to have a reasonable social/leisure/family life.</td>
<td></td>
</tr>
</tbody>
</table>
FUNCTIONS OF WORK

Work fulfils many functions apart from satisfying basic needs and wants associated with living in a consumer society. Under the following headings, consider the importance of work for you personally. Think about prior experiences of work as you respond.


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_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

2. Social relationships and social contacts.

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_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

3. Income required to participate in leisure and sporting activities.

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Preferred Type Of Work

Thinking about all of the aspects above, note down the characteristics of work in the future you would like to have, and those you would like to avoid.

<table>
<thead>
<tr>
<th>I want to have:</th>
<th>I want to avoid:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Adapted from Australian Blueprint for Career Development Competency: 9.3: Link life styles and life stages to career building.