



ENLIGHTEN EXERCISE #62

My Pie Identity

All of us at times feel we do not have enough time, yet we have all the time that is available to us. The professional, family, community, and other roles we have can be more easily evaluated if we represent the time we spend in each role based on what is expected of us and what we need to do (e.g., as a parent, life partner, employee). Our overall level of life satisfaction and happiness is finding a balance between *what we need to do* and ideally *what we would like to do*. This exercise allows you to critically look at how much time each role takes and what changes, if any, you might like to make to enhance your well-being and global satisfaction with life.

Instructions:

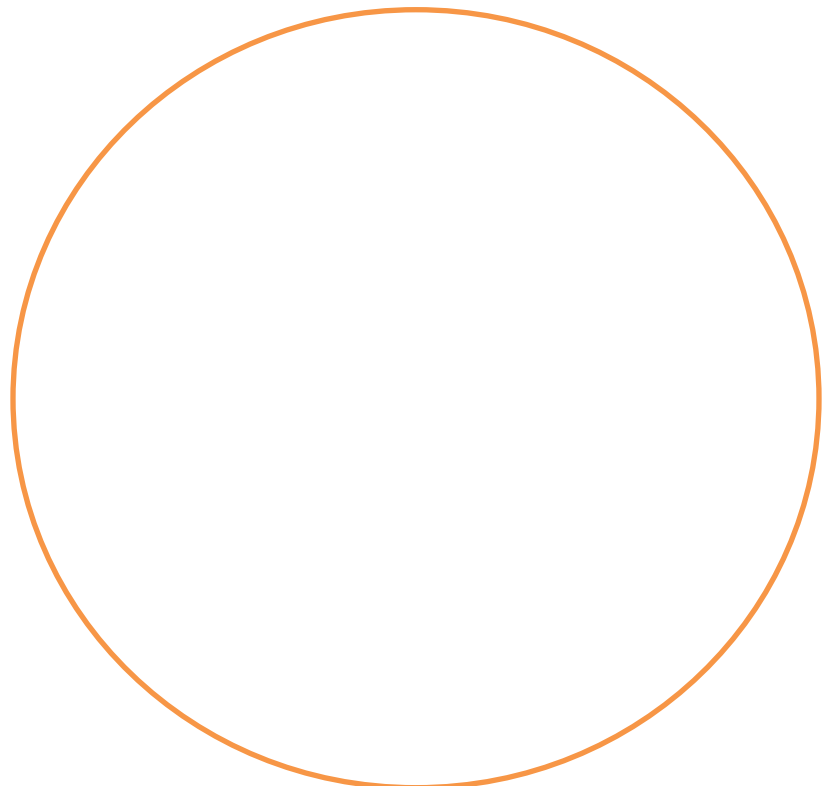
First, list your *major* roles in life (see example in the box below). Using a pie chart, divide these roles based on a general sense of how much time they take up on any given day, week, or month adding to a “full pie” or one hundred percent of your available time.

Next, represent your “ideal” or preferred time to be spent in each of these same roles in the second pie. Answer the reflective questions when you are done to determine if there are any roles you can modify, change, increase, or decrease the time you prefer that they occupy your *pie identify of life*.

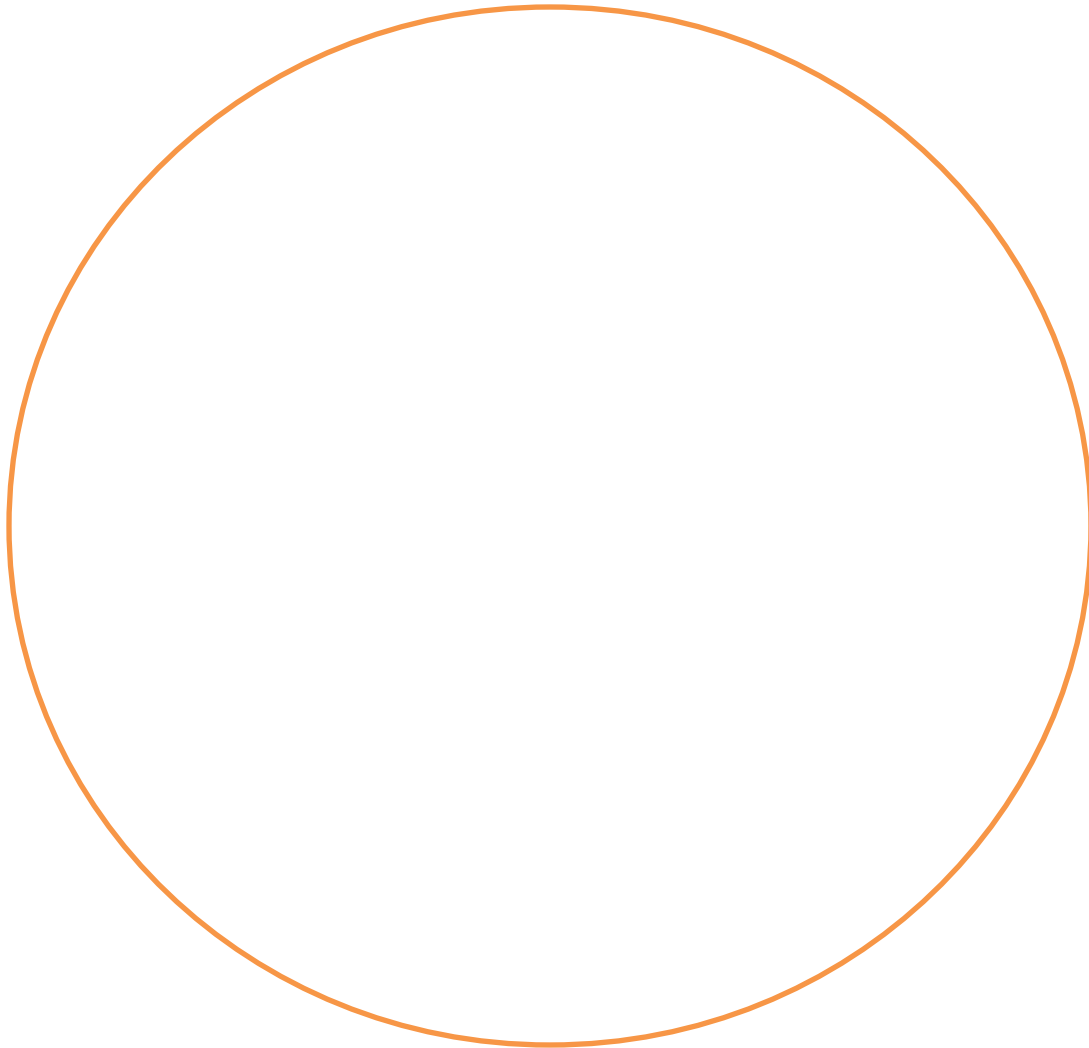
Current Self Identify Pie (*What I Need to Do*)

Sample Roles
1. Father/Mother
2. Husband/Wife/Partner
3. Aunt/Uncle
4. Brother/Sister
5. Volunteer
6. Friend
7. Career/Job
8. Golfer/Skier/Snowboarder
9. Caregiver
10. Other

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Ideal Self Pie (*What I want to do*)



Reflective Questions to Answer

1. What is your level of *satisfaction* with the percentage of time you spend in your current roles?
2. Which role, ideally, would you like to expand or contract?
3. What actions can you take to modify the percentage of time you spend on your current roles to match more of your *idea/ roles*—that is to find more balance between *what you have to do* versus *what you want to do*?