

# VALUES & LIFE DEMANDS

## WHAT'S ON YOUR PLATE?

### Taking stock of your life demands

This exercise is designed to help you take stock of your life demands, and can be done at any stage of your parenting journey.

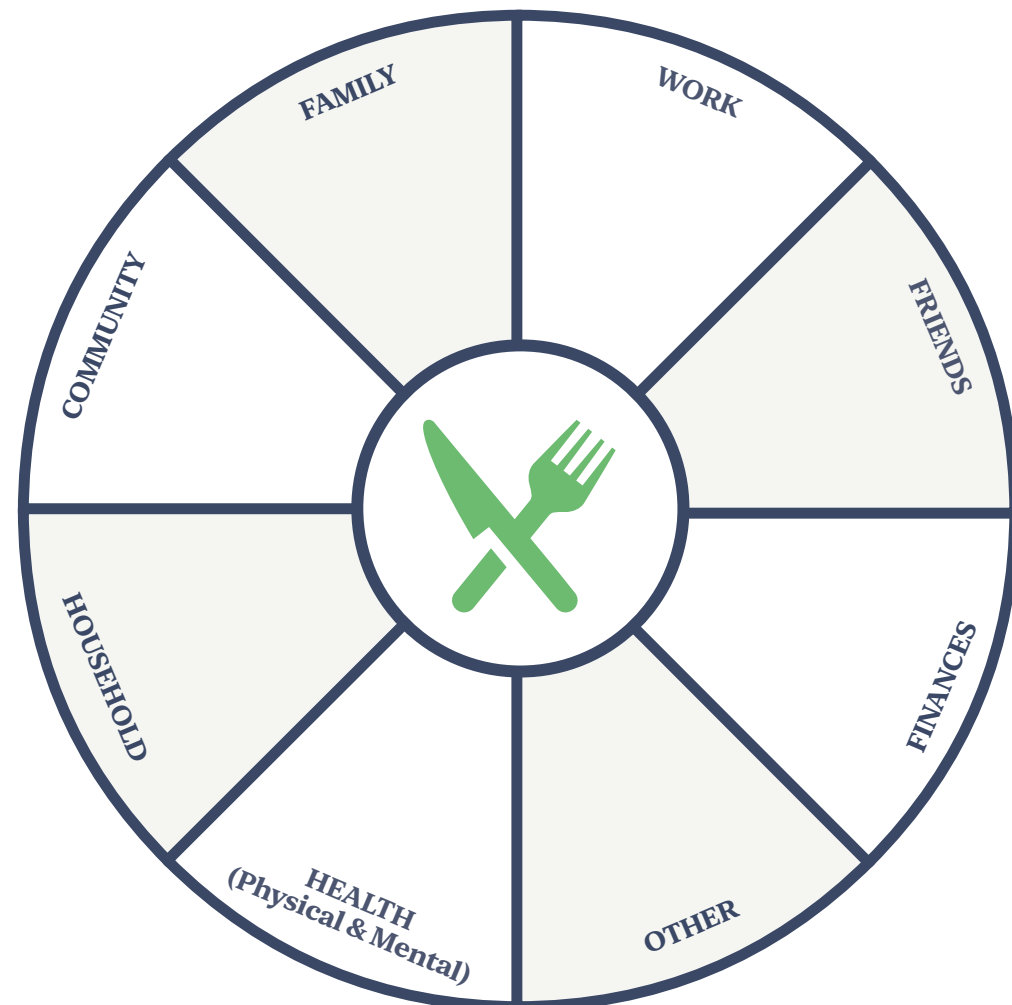
For most of us, life will always be a little bit messy, but doing this activity can help create a bit more clarity, direction and calm in the midst of a busy life. Before we can make decisions around our time and demands, we need to get clear on what is currently on our plate.

In each of the sections in the wheel, fill in any demands /responsibilities/activities you can think of. Be sure to include both 'have to do' and 'want to do' tasks.

Here are some common examples to get you started:

- **Family:** Saturday sport, weekly bedtime stories, game night, Sunday roasts, school pick-up.
- **Friends:** Weekly coffee, book-club, walking group, annual weekend away.
- **Finances:** Reviewing home loan, seeking financial advice, drawing up a will.
- **Household:** Cleaning, laundry, grocery shopping, cooking, lunchbox preparation.

See the next page for a printable template.



# MY TOP 5 VALUES

1 .....

2 .....

3 .....

4 .....

5 .....

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