

WHAT'S ON YOUR PLATE?



Use the front of the plate to show all the things that fill up your life. Like a pie, draw slices that represent areas of your life. Some “slices” will be bigger and some smaller, depending on how much of your life they fill.

Some examples you might choose are below – be sure to add your own.

- Fun/personal enjoyment: family fun, time with friends, attending church, hobbies, volunteer activities
- Home/family: house chores, parenting, managing family schedules, paying bills
- Work: work activities, commute time, training or educational activities

Once you've finished filling in your plate, take a moment to look at it. Ask yourself:

- What activities do I want more of?
- What activities do I want less of?

WHAT'S ON YOUR PLATE?

continued



Now use this side of the plate to show the things and people that support you in your life. Consider the areas of life you have listed on the front side. Who or what supports that area of your plate? How do you take care of yourself?

Some examples you might choose are below - be sure to add your own:

- Time with family or friends
- Being outdoors
- Playing games
- Other hobbies such as puzzles or crafts

Take one more look at your plate. Ask yourself:

- What stood out to you as you completed your plate?
- What “slices” of your plate would you like to explore further?
- What would happen if you changed your plate?