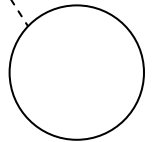


# Are you bouncing around too many activities?

Check items within each category that involve you.



**Community Involvement**

- Church
- Charity
- Professional Organization
- Community
  
- Youth Group
- School
- Social Groups
- Health Club
- Chamber of Commerce
- Political Groups
  
- Others
  
- Others
- Others
- Others
- TOTAL

**Home**

- Mate
- Parent(s)
- Child(ren)
  
- Pet(s)
  
- Housekeeping
- Laundry
- Yardwork
- Bill Paying
- Shopping
- Meal Preparation
- Auto Maintenance
- Play
- Others
- Others
- TOTAL

**Career**

- School/Class
- Work at Home
- Business Owner
- Work for Others
- Manage Others
- Deadlines
- Commute
- Accountabilities
- Other Sports
- Budget
  
- Demanding Budget
- Pressure
- Change
- Others
- TOTAL

**Recreation**

- Tennis
- Racquetball
- Cycling
  
- Exercise
  
- Jogging
- Boating
- Dancing
- TV
- Entertainment
- Spectator Sport
- Hobby
  
- Others
- Others
- Others
- TOTAL

If you have a column without any checkmarks, consider if you have balance in your life.  
 If you have at least one in each column, you appear to have some variety in your life.  
 Too many checks in any column may suggest some imbalance.