

SUPER'S RAINBOW & LIFE ROLE PIE CHART

Life Role Pie Charts are useful for:

- Analyzing how core values relate to life activities
- Comparing current life-roles with ideal life-roles
- Identifying goals to accomplish your ideal life-roles

Directions:

Divide the circles into slices based on how much time you spend on different life activities (career, family, social, service, relationships, exercise, etc.) each week. The first circle will reflect how much time you currently spend on these life activities, while the second circle should show the ideal amount of time you would spend on those same activities. In the third circle, create slices that reflect the time you would like to spend on these activities five years from now. Compare the charts and reflect on what you would like to change or stay the same, implementing specific steps and goals to help you accomplish your five-year plan.

Things to Think About:

- How does the first pie chart reflect your current values?
- How did your second pie chart change? Did any of your activities increase in value/priority? Did any decrease?
- How do you plan on reaching the goals you established in the third pie chart?

If you would like to talk to someone about this activity or need additional resources, **Career Services** is available to all students! Check out our website to make an appointment or to see upcoming events and workshops: <http://www.careers.vcu.edu>

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Current Roles Pie Chart



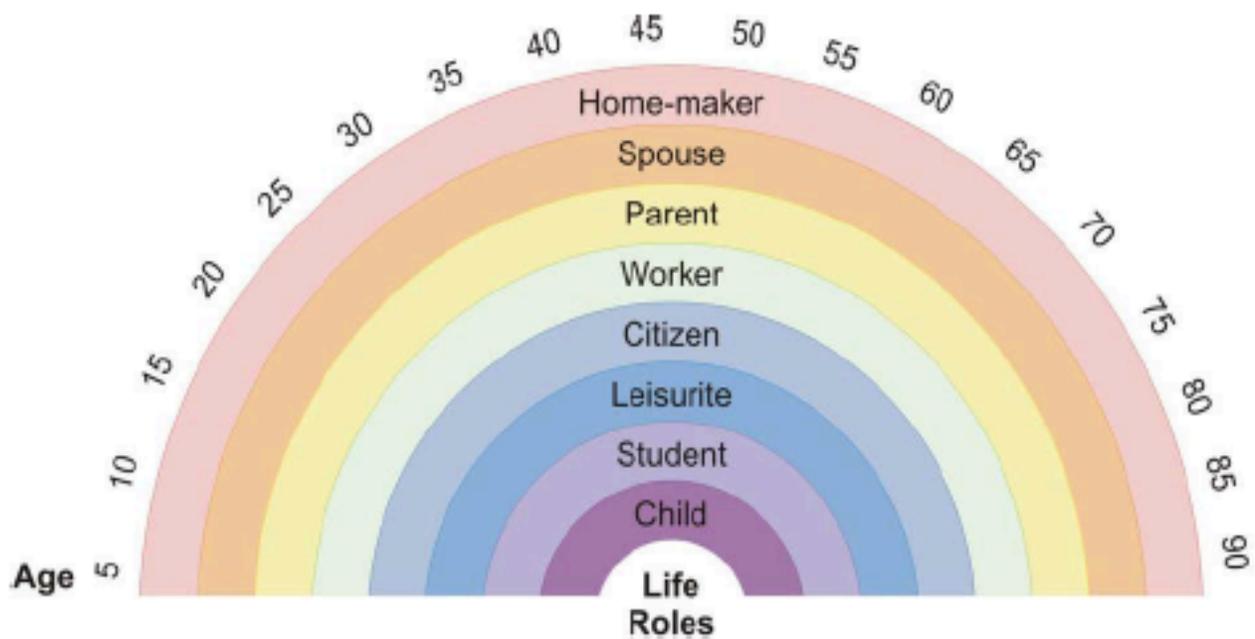
Current Ideal Roles



5 Year Ideal Roles



Home-maker Spouse Parent Worker Citizen Leisurite Student Child



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