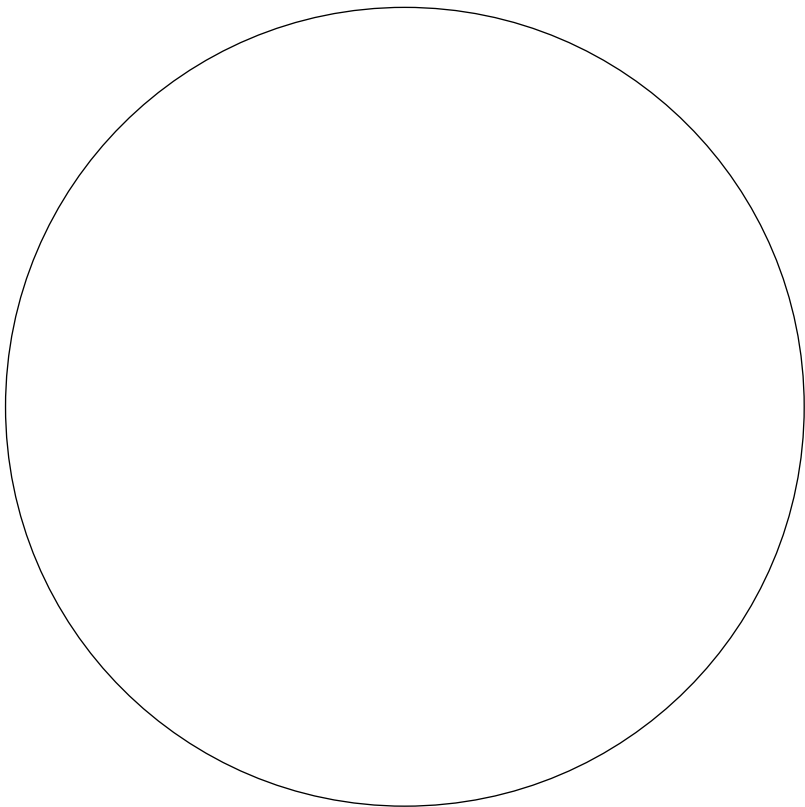

Pie Chart of Life

Use this page to create a pie chart in which each slice of the pie represents a part of your life. Write down all of the various roles you play, count them up, and divide the pie into that many slices. Make sure each slice is correctly sized to correspond to how much time and energy the role currently takes up in your life.

My Roles:

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



Ideally, there should be one piece of the pie that is devoted to taking care of yourself. However, for many parents, this piece of the pie gets smaller and smaller with the passage of time and the imposition of new responsibilities. The end result is often the complete neglect of self. You may think that you have to do this in order to meet the demands of the other roles in your life, but if you neglect yourself for too long, you will end up having little stamina, energy, or enthusiasm to give to those other areas of your life. Taking care of yourself is one of the first steps in stress management. It will help you feel better and be more effective in all areas of your life.