



# My life–work balance

## Part A. Questions for thinking about your life–work balance

In part A of this activity, make some notes in each of the boxes about your answers to questions 1-7

1. Do you think you will need to do more education or training to do the job/s you have in mind at the moment?
  
  
  
  
  
  
  
  
  
  
2. Do you want a job that gives you enough time to look after yourself? What other interests or activities do you need to make time for in your life, such as studying or exercising?
  
  
  
  
  
  
  
  
  
  
3. Do you have a partner? Why is it important for you to spend time with your partner?
  
  
  
  
  
  
  
  
  
  
4. Do you have children? Or other people who you need to look after? Do you need a job that gives you enough time to take care of these people? Or one that pays you enough so you can afford to hire other people to do these roles?

## Part A. Questions for thinking about your life–work balance

5. Do you want a job that gives you enough time to spend with other relatives and friends? Why is this important to you?
  
6. Are there any practical things in your life which might influence your next career move? For example, maybe you can't travel very far to work? Perhaps you need to earn a certain amount of money to look after yourself or your family? Or perhaps you need money to start your own business and so need savings to do this?
  
7. When choosing your next career move, are there any things that you need to think about that are different from those in Q6? Perhaps you have moved here from another country and need to get some kind of permit to work, for example.

## Part B. Life–work balance and barriers to working

In part B of this activity, you can use your answers to the questions in part A to complete the first two columns. Then take some time to consider how these might affect the kind of work you can do. Then complete column 3. Finally, take some time to think about whether you could change some of these aspects of your life to make your career easier. For example, could you ask another member of your family or a friend to look after your children when you are at work?

Important people and activities, things in my life.	Practical limits in my life eg, I need to learn X skill; or I can't travel more than XXX to get to work; or I need to get a permit to work.	How might these affect my choice of work?	Can I do anything do change them?