

ENVISAGE

Life beyond work

.... striking a balance

Consider life outside work...do you (provide an example in column 1):

Activities	routine	purpose	status	social contact	money
socialise with friends, family, or individuals who share your interests? <i>example:</i>					
have active pursuits, such as a sport, gardening, dancing, or sailing? <i>example:</i>					
engage in observatory activities such as viewing TV, being a spectator or audience member, or listening to music? <i>example:</i>					
participate in educational pursuits such as reading, visiting museums or libraries, or attending a course? <i>example:</i>					
indulge your creative interests, such as art, crafts, cooking, or philately (stamp collecting)? <i>example:</i>					
have volunteer work or other special projects you put your time into? <i>example:</i>					

Imagine you gave up work tomorrow – would the activities you have noted above be enough to satisfy the 5 basic needs we human beings have – the need for routine, purpose, status, social contact, and money?

Go back to the table above and place a tick in each of the boxes to indicate whether your non-work activities fulfil the stated need. Are your boxes looking empty or full?

Don't wait until you're no longer in paid work to consider the balance in your life – ensure it's in a good place for you, and those significant to you, now and in the future.