

Life Career Roles Checklist

1. Circle the italicised key word for the major roles you are NOW playing.
2. To rate the satisfaction level you feel in each role, use a scale of 1 – 10 with 1 being Very Dissatisfied, 5 being Fairly Satisfied and 10 being Very Satisfied, enter this into the line on the right hand column of the page.
3. Prioritise the roles (on the left hand side) in their order of importance to you, (e.g. Parent = 1, Worker = 2, etc.).

Priority:	Major Roles:	Satisfaction Level:
_____	Child (son/daughter), your relationship to your parents or guardians and the time and energy spent in it.	_____
_____	Student – the time and energy spent in education or training.	_____
_____	Worker – the time and energy spent in work for pay.	_____
_____	Spouse – your relationship with your husband, wife / partner and the time and energy spent in it.	_____
_____	Homemaker – time and energy spent in taking responsibility for home maintenance and management.	_____
_____	Parent – your relationship with your children and the time and energy spent in it.	_____
_____	Leisurite – the time and energy spent in hobbies and leisure activity.	_____
_____	Citizen – the time and energy spent in civic, school, church, or political activities.	_____
_____	Friend – the time and energy spent with close friends.	_____
_____	Other – the time and energy spent with.	_____

In which career/life role would you most like to make change?

How might you make this change?
