



3.3.3. Practical tasks - Worksheets

Work-life balance

Worksheet 1 – Estimation of situation

Estimation of the current situation

- How much are you satisfied with the balance of work and private life?
Mark it on a scale from 1 to 10!

1	2	3	4	5	6	7	8	9	10
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- What balance level would you be satisfied with at your current stage of
life? Mark it on a scale from 1 to 10!

1	2	3	4	5	6	7	8	9	10
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Worksheet 2 - Values

Personal basic values

- What are the most important basic values for you in the field of work and private life? List the most important 3 in both of them!

- How much does your current life reflect the listed basic values?

Task sheet 3 - Establishing balance

What helps me to align my roles and my values?

- Self-knowledge
- Self-confidence
- Being aware of one's own strengths
- Saying no
- Awareness and overwriting of role models adopted from others
- Time spent on myself
- Supporters