

WHAT IS MY LIFESTYLE PIE?

Activity Duration: 10-15 minutes

Suggested Frequency: Monthly

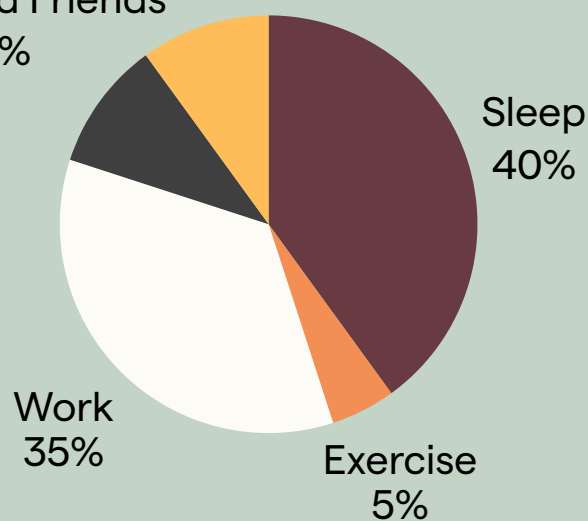
Burn-out is a result from overbearing prolonged stressors that have been unsuccessfully managed. *It can cause feelings of exhaustion and negativism related to the topic and reduce efficacy.* Over-identification is a common reason for which we feel burnt-out. This occurs when we over-identify our self-worth in a single aspect of our lives. We can visualise how we measure our self worth with the simple illustration of a Lifestyle Pie.

The Lifestyle Pie

- Constitutes various activities which you engage in life
- Proportion of each section is relative to the amount of time spent on activity
- Amount of time spent on each activity represents how much we identify our self-worth in

Family and Friends

10%



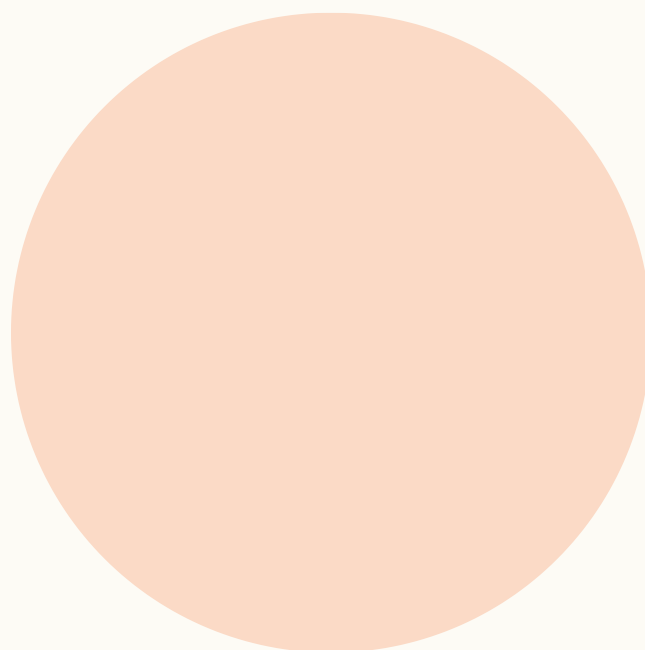
Sleep
40%

Work
35%

Exercise
5%

By diversifying our lifestyle pie, we set healthy boundaries that give us a 'damage-control' function. This prevents us from over-identifying our self-worth based on the amount of successes and failures we have achieved in our career.

Take your time to think about it.
Feel free to colour code your Lifestyle Pie too!
Personalise it just the way you want it to be!



The purpose of diversifying your Lifestyle Pie is such that you do not over-identify your self-worth based on one activity alone (your self-worth is not tantamount to your relationship for example). By diversifying the activities we identify ourselves with, we are able to adapt and thrive from other active aspects, even when things are not smooth-sailing in one aspect of our life.

From your *Lifestyle Pie*, you can identify and reduce the amount of over-identification made in a single activity in your life and be open to new social experiences such as volunteering, or picking up a new skill that you might also find meaningful!