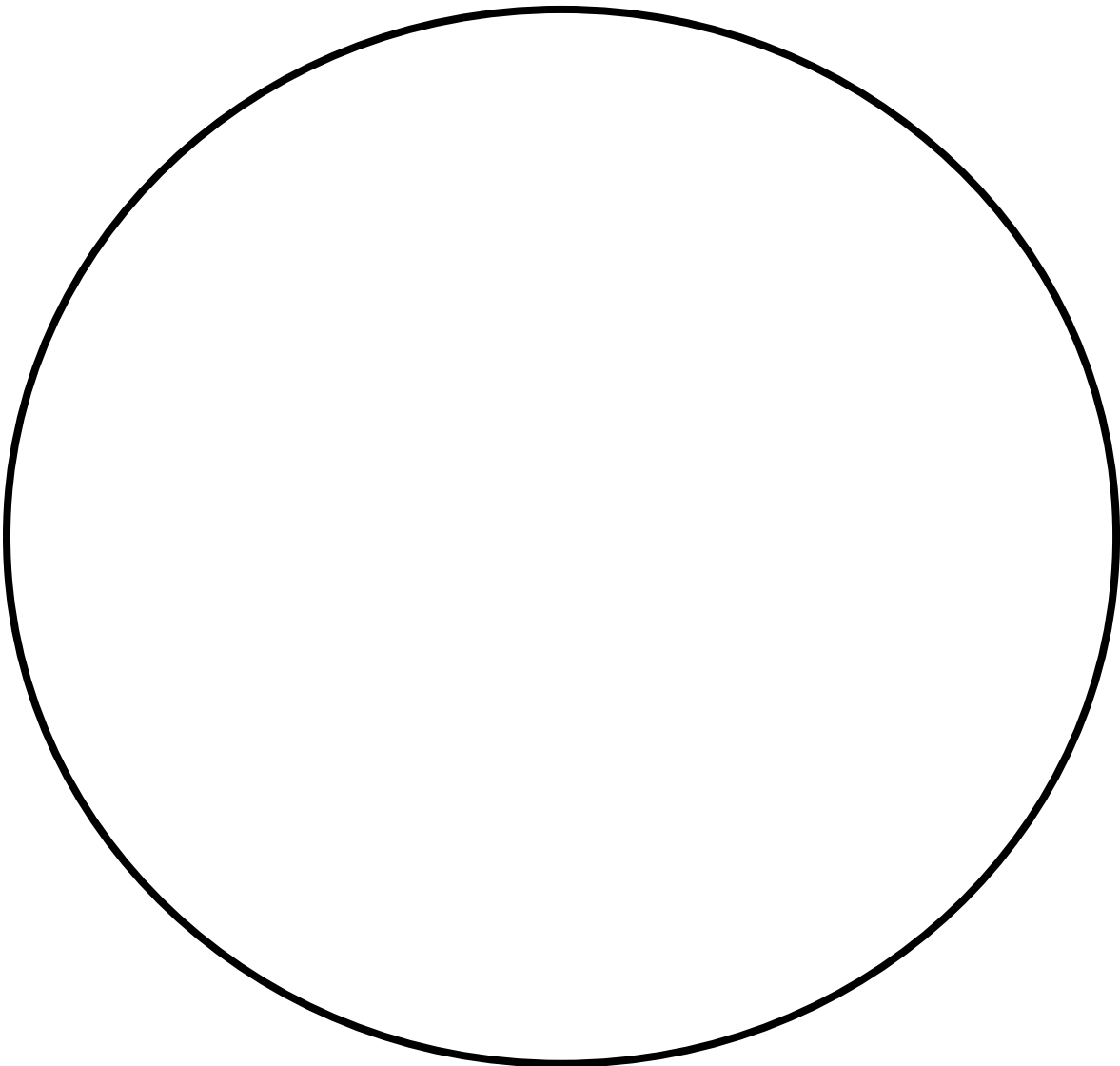


# WHAT'S ON YOUR PLATE?

Source: F. Mathieu (2012)

## Instructions:

- Inside your plate, list all of the things that you currently do and are responsible for including jobs, roles (e.g. caregiver, parent, spouse, etc.) responsibilities (both at work and at home), life needs and any current issues or stressors.
- Think about the things in your plate you would like to change and underline them
- Circle the things that are changeable now - even if only by 1%
- Around the plate, write things that you wish you had more time to do or enjoy.



Reflect on the things that you wish you had more time to enjoy. What barriers exist that prevent you from doing them?

What choices can you make to integrate the things you wish you had more time for in your life?

Choose one thing on your plate that you will say “no” to, or back out of or delegate to someone else. Brainstorm every possible option (regardless of how silly or unrealistic) to remove this item from your plate.

What is the worst possible situation if you removed this item from your plate? What is the best possible situation?