

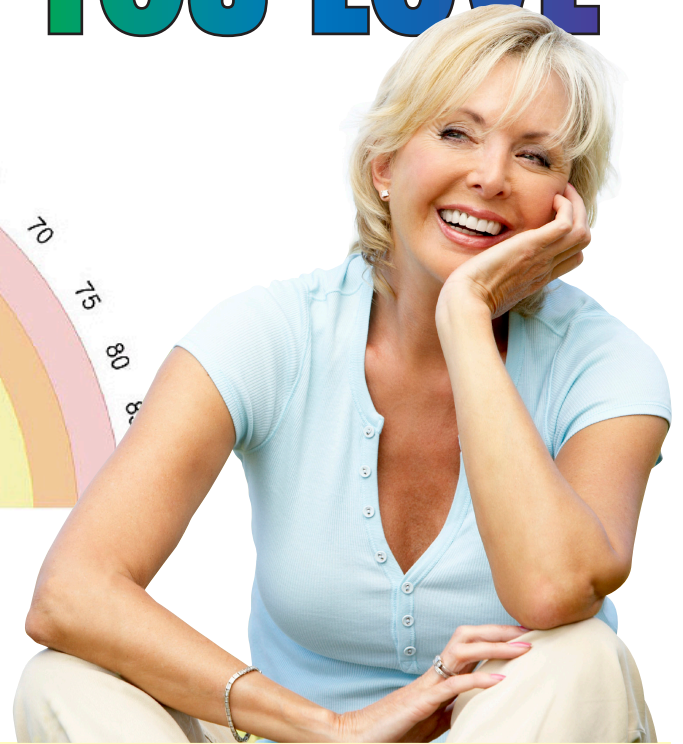
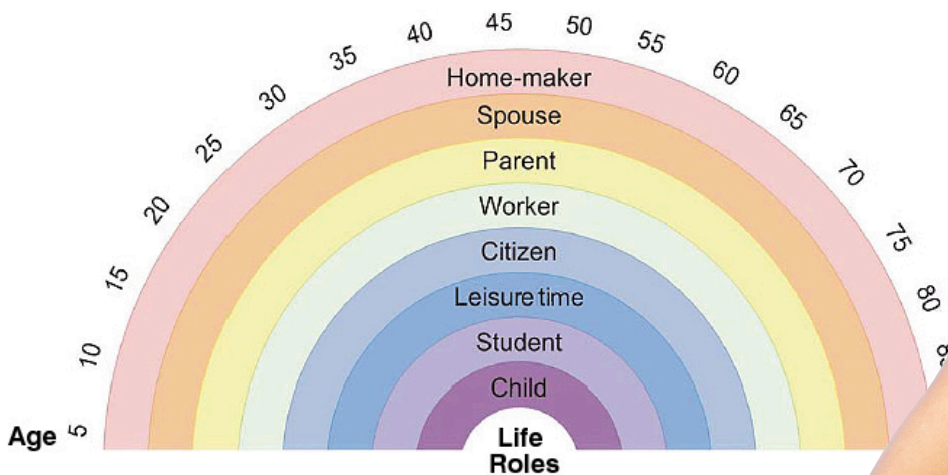


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In Good Health

Sept. 2010

LIVE THE LIFE YOU LOVE



In workplaces throughout America, the buzz around the water cooler is about work/life balance. Some long for it, some may think they have it and others might not have a clue as to what their colleagues are talking about. Most likely, an active debate would generate if someone said that **Career = Life?** Yes, that's right. According to Donald Super, one of the pioneers in the study of Career Development, an individual's career and life development are so integrated that there must be a focus on the interrelationship between all life roles. Super suggests that because people are involved in several life roles simultaneously, success in one role facilitates success in another, and all roles affect one another over the life span. In other words, throughout each day we all wear many "hats". We are individuals, sons and daughters, spouses, parents, homemakers, workers, citizens, community members, friends, etc. Each one of those roles is of value to us. In order to find harmony and balance in your life, you must understand how all the roles you play are interconnected. Looking at the situation as balancing only work life vs. home life would be an oversimplification. Your life involves so much more!

Donald Super developed the Life-Career Rainbow to demonstrate how different roles we play can influence each other. For example, a mother with two young children may recognize that she is feeling stressed because she would like to devote more time to her roles of mother and homemaker. Which role could she comfortably spend less time involved with in order to create more time for the roles her heart desires? An executive with aging parents may look at his Life-Career Rainbow and discover that he could devote more time to his parents if he spent less time volunteering in the community. The Life-Career Rainbow is a pictorial view of your life and how you spend your time.

The challenge this month is to create your own Life-Career Rainbow and begin ***Living the Life You Love.***

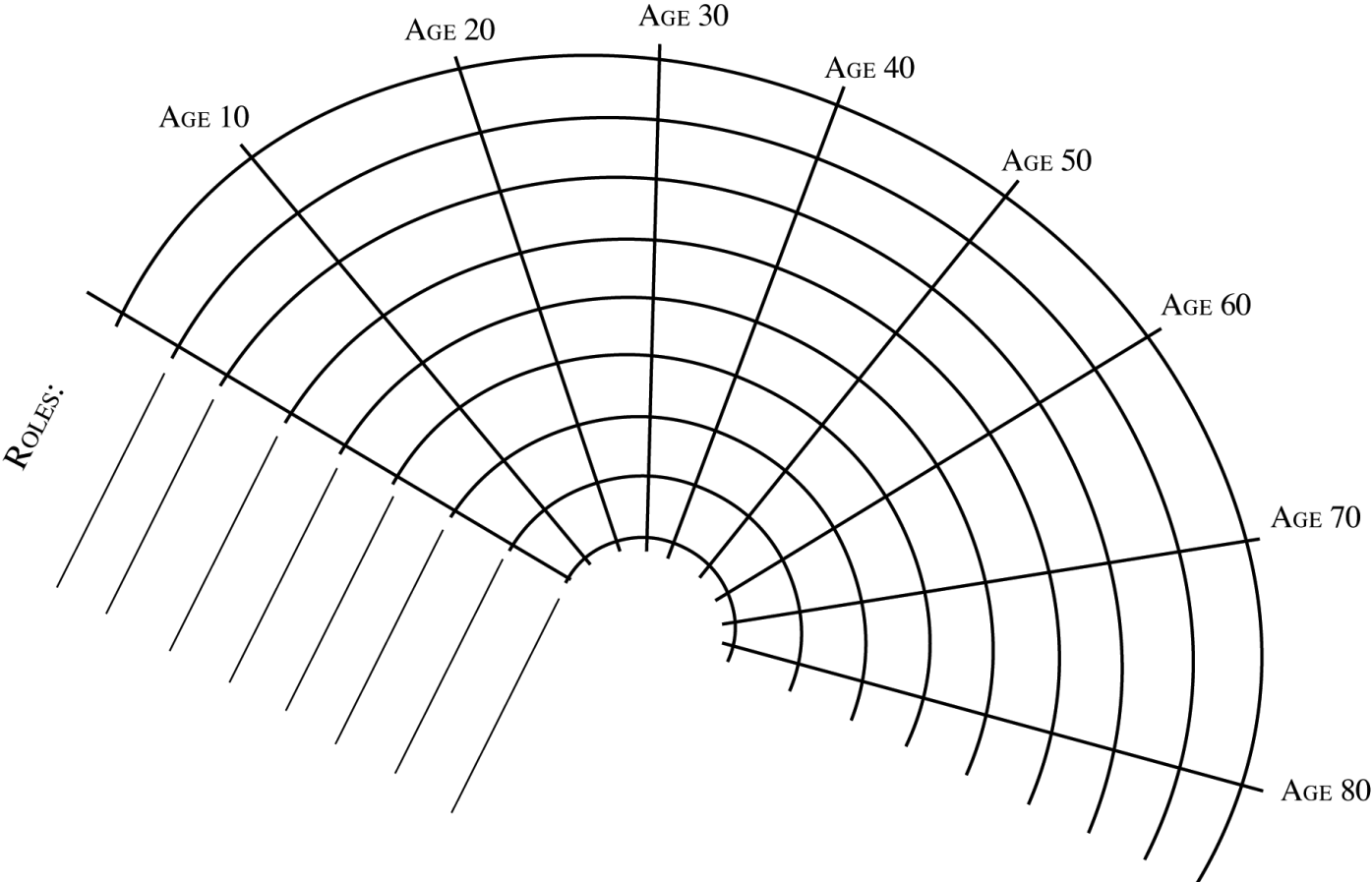
1. Make a list of all the roles you have and have had since you were born.
2. Assign a role to each arch of the rainbow, and give it a color.
3. As you color in each arch, consider how much energy you devote to each role. The ones that get the most time color in darker, or draw a thicker line; they are considered most salient. The deepness of color for each role will most likely change throughout time. For instance, many of us devoted more time to being students when we were younger than we do now.
4. Take a moment to appreciate how colorful your life is. Which roles are colored in the heaviest? Which roles would you like to see lighten up?
5. Now create a second Rainbow, one that is based on how you would like your life to look in this moment and into the future. The difference between the two will point you in the direction of what changes you could make to create more balance and harmony in your life. Keep in mind that success in one role makes it easier to succeed in others.

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Life Roles Rainbow



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