

A Piece of (Time) Cake ¹

This exercise helps you recognize priorities and consider how you are spending your time. Try it out to see what you're happy with and how you can make some adjustments to feel balanced and on track with what's important to you!

Instructions

- 1 In the box below, write down different areas of your life. You can start by thinking about your typical week. What kinds of things usually take your time? (Examples: health, studying, work, family, friends, volunteering, hobbies, etc.)

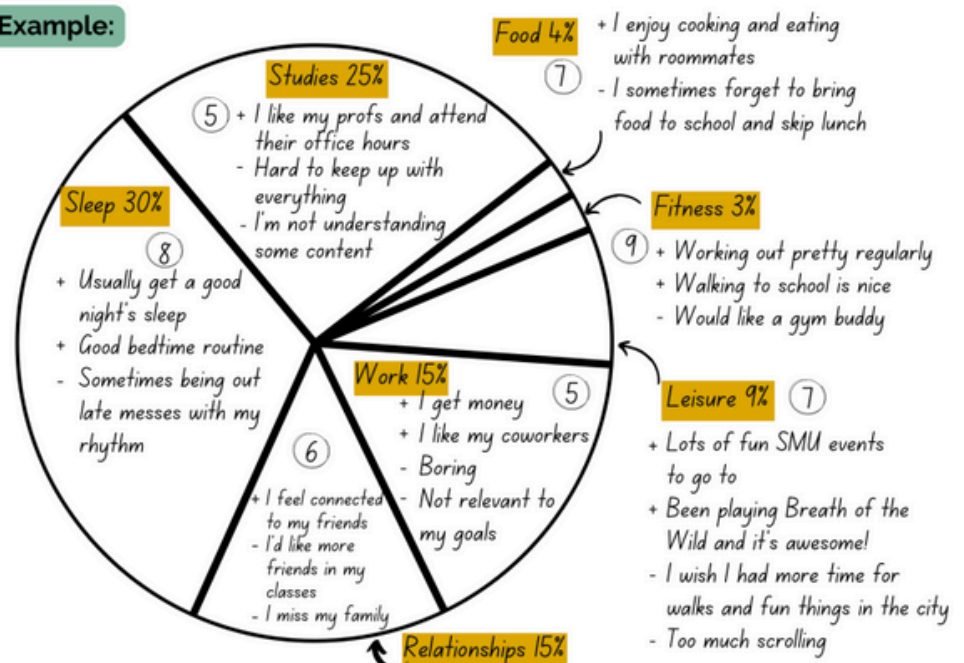
- 2 Divide the circle on the back of this page into as many slices as there are areas of life on your list. While dividing, think about how much time you put towards this area. The more time it takes, the bigger piece it will have from the circle. You can think of your time spent like a percentage, where a week is 100%. How would these percentages be distributed?

- 3 When you are finished filling in your cake, consider how satisfied you are with the state of each area and how much time you spend on it. Give each a rating on a scale of 1-10 and write down why you give it that rating.

Bonus

Consider how you would like to develop your chosen areas. Write down and highlight concrete ways to do so or resources you could reach out to to help you explore options.

Example:



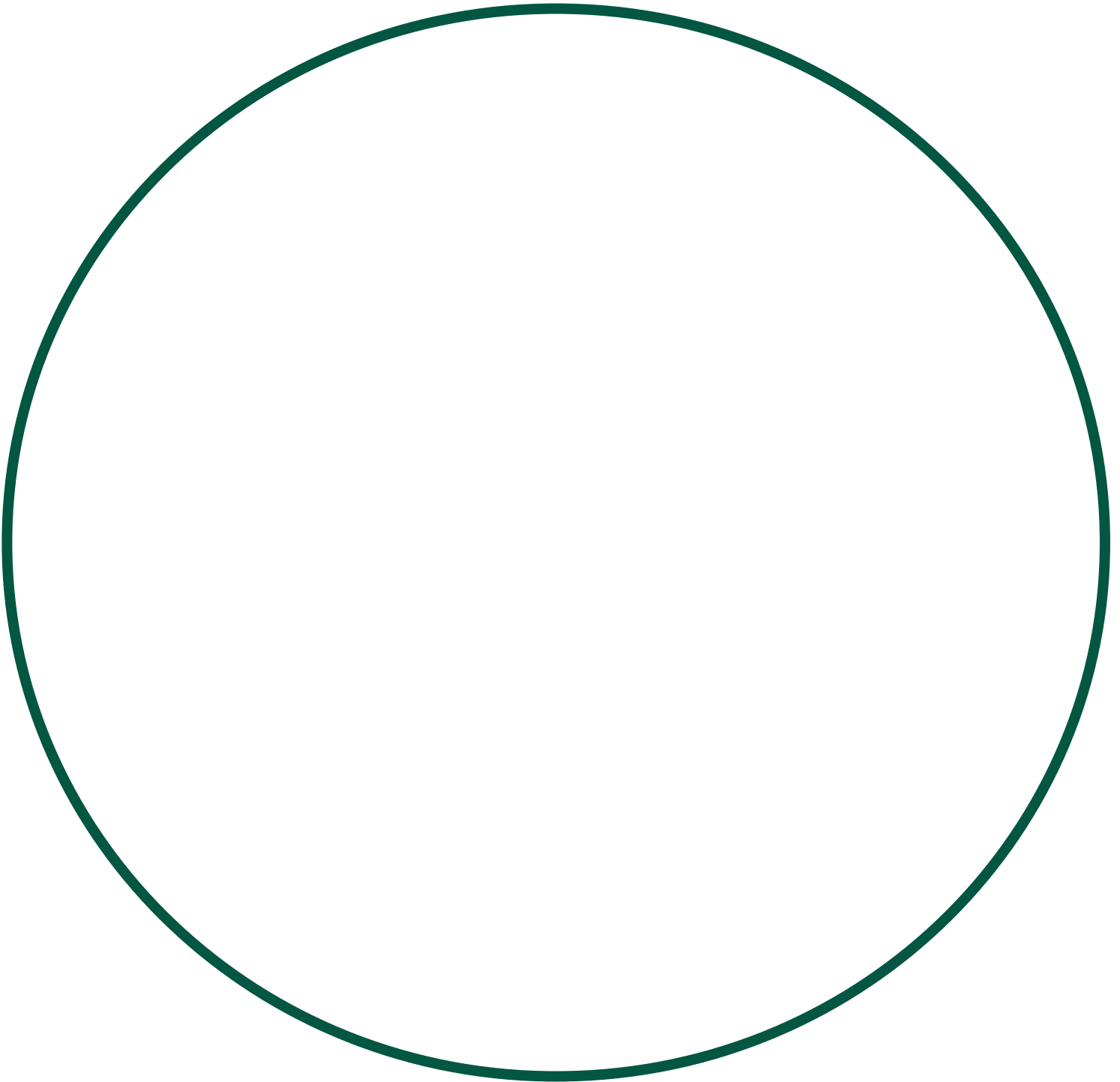
¹ Reproduced from Pilch et al. (2022). Self-Hack Playbook. University of Oulu. Self-published. Available through opiskeluntuki@oulu.fi



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