

# Allison Anna

Life cake - or how the recipe of our everyday life develops

We stand out almost unnoticed in everyday life, but in a lot of roles. The individual roles sometimes intertwine, making it difficult to separate them. We can find ourselves in up to 6 or 7 roles in a full day. But how do we live them and how do they feel? Have you ever wondered who we really are?

I intended this next few lines to be an "interactive" game where everyone can find slices of their own cake and their ingredients by following each step.

"Let's bake this cake!"

1. Take a sheet and draw a circle. Of course, it doesn't matter if it's not perfect, it could be an egg, the point is to be able to draw in it!

2. Divide the circle into different "cake" slices that reflect the roles of your daily life. I'll help you out a bit. Depending on your current life situation, the following roles are the most common:

- husband / wife / relationship

- father / mother / parent

contractor / employee

- family member

- Friend

- teammate / coach

- owner of pets

- yourself

3. If you have found any of the above roles in yourself, it would be best to draw a slice of the cake in the circle as important to you as each role.

4. Well, when we're done with that, take a coloured pencil, (if you don't have a pen, too) and colour the part of each slice that fills you with positive energy.

5. If you've done it skilfully, you'll have your own cake in front of you in colour or black and white.

It will be easy to interpret, you will see which roles are most important in your life and what energy they fill. If you come across a lot of positive colouring in each slice, that's a good sign, you're probably balanced in your everyday life. If there are any parts where you won't find joy, just think about what can cause the negative energy and what you can do to make it change.

In general, it is also a solution if the individual roles are too large, you can "carve" them a little in favour of another slice. In reality, most of the time, the "yourself" part tends to get the smallest slice. This is because we all try to fit each role day in and day out with little time left. If this is the case with you, it's time to cut out a little "self time."

Do it and it will be much more enjoyable to consume this cake daily in a short time. You can start with a little diary describing what happened to you one day, how much energy you filled up and how much time you have left for yourself, rest, active or passive relaxation. This will make everyday life more transparent.

This exercise is simply an account of your current situation. We rarely think about some of our roles in such detail. This little exercise can help everyone how to reach a harmonious everyday life!