Theoretical Basis

The LBI is a tool that measures the constructs from the Life Balance Model (LBM; Matuska, 2012a, 2012b). The LBM depicts the relationships between occupational patterns (i.e., habits, routines, rituals), life outcomes, and the environment. Occupational patterns should enable people to meet four important needs:

1. Support biological health and physical safety (i.e., exercise, rest, medication management)
2. Contribute to positive relationships (i.e., friends and family)
3. Feeling engaged and challenged (i.e., hobbies, stimulating work)
4. Create a positive personal identity (i.e., caregiving, volunteering; Matuska & Christiansen, 2008)

To the extent that people are able to engage in patterns of occupations that addressed all of these needs, they will perceive their lives as more satisfying, less stressful, and more meaningful, or balanced. People also need to have the skill to organize their time and energy in ways that enable them to meet their important personal goals and renewal (Matuska, 2012a).

In other words, life balance requires having the skill to create a match between how much time one desires to engage in activities and how much time one actually engages in the activities that meet important needs.

Figure 29-1 displays the theoretical LBM. The two large ovals in the center (ovals A and B) represent the activity configurations people engage in. It was expected that activity configurations would vary across people because individuals have different personalities,