



Sedate State<sup>®</sup>

Work + Life = Balance Conference

January 8, 2011

# Your Personal Balance Equation You in 2011

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# Currently

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## ▶ Top Resolutions<sup>1</sup>

- ▶ Loose Weight/Eat more healthfully
- ▶ Exercise more
- ▶ Stop smoking
- ▶ Practice better money management/Get out of debt
- ▶ Get organized
- ▶ Spend more time with loved ones

Resolutions show exactly where people weren't happy with their lives and *themselves* during the previous year.

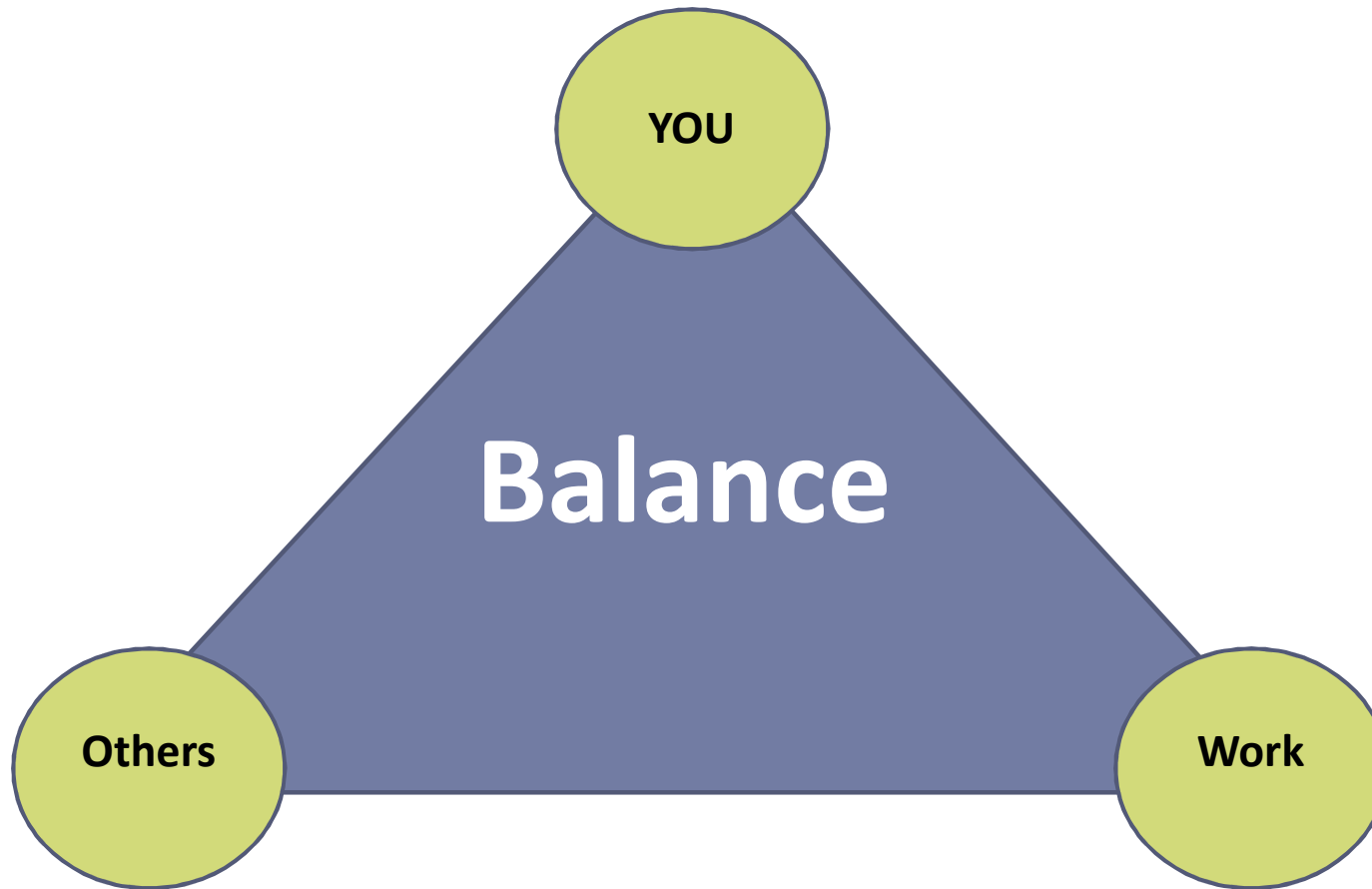


Those who make a public resolutions are 10% more likely to reach their goals than those who don't share their resolutions.<sup>1</sup>

<sup>1</sup> <http://www.proactivechange.com/resolutions/statistics.htm>.

# Principle of Balance

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You and your relationship to others and society is what creates balance.

# Finding Balance

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- ▶ In order to calculate your personal balance equation, you need to know three things about yourself:
  - ▶ What do you value?
    - ▶ Exercise: Complete “Know Your Values Inventory”.
  - ▶ What are your interests?
    - ▶ Exercise: Write down 10 things you like to do.
  - ▶ What do you want to accomplish in life?
    - ▶ Exercise: Make a life list, then plan when you will pursue them.
      - "If you fail to prepare, then you are preparing to fail." –Benjamin Franklin.

# See it, Plan it, Do it.

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- ▶ Are your colors clear?
  - ▶ Special reading: *My Colors are Clear*.
    - ▶ Wanda Henderson, Crenshaw Church of Christ

In other words, are you serious about it?

# Check your feelings along the way.

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- ▶ Take time to reflect daily.
  - ▶ Even if it is only five minutes day in the shower.
- ▶ Ways to reflect.
  - ▶ Write about it.
  - ▶ Practice meditation.
  - ▶ Talk to someone trust.
  - ▶ Listen to someone else talk.
- ▶ Three new ways to meditate.
  - ▶ Watch your breath.
  - ▶ Exercise.
  - ▶ Do something creative.

# Summary

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- ▶ Worklife balance is different for every person and is based upon what your unique values, interests, and goals. Once you have charted your course, stay grounded.
- ▶ In Action: Be who you are all the time.™
- ▶ Action Items:
  1. Complete the exercises on Slide #4.
  2. Guard against being one-dimensional by working two goals at a time, one work-related and the other a personal goal.
  3. Keep two sets of books; keep one for ideas and the other a to-do list. Check-off your accomplishments.

# Questions

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Worried or Panicked? **Stop** Worrying. Get Sedated.