Finding Balance (Slide 1)

- ☐ Balance refers to our perception that all activities we do are compatible and promote growth in accordance with our current life priorities
- ☐ The importance of finding balance is associated with greater overall well-being

Objectives (Slide 2)

- ☐ Identify opportunities to bring more balance to specific areas of your life
- ☐ Set goals for addressing areas of your life that require more attention

Responsibilities and Obligations (Slide 3)

- ☐ **Exercise 1**: Balancing My Life
- ☐ **Handout 1**: Balancing My Life *page 1 questions and left column*

Pleasure and Fun (Slide 4)

- ☐ **Handout 1**: Balancing My Life *page 1 right column*

The Wheel of Life® (Slide 6)

- ☐ 8 life categories we might use to divide our lives:
  - ☐ Work and career
  - ☐ Health and fitness
  - ☐ Family and home
  - ☐ Finances
  - ☐ Personal growth
  - ☐ Social and cultural
  - ☐ Spiritual and ethical
  - ☐ Fun and recreation
- ☐ **Exercise 2**: The Wheel of Life®
- ☐ **Handout 1**: Balancing my Life *page 2*

How Can We Achieve Balance? (Slide 8)

- ☐ Finding balance does not mean equal time, involvement, and satisfaction in all life categories
- ☐ Determine what works best for you
- ☐ Do not try to work on improving satisfaction in all areas at once; rather reflect on your values, and prioritize life categories
- ☐ **Exercise 3**: Goal-Setting
- ☐ **Handout 2**: SMART Goals *top section*

SMART Goals (Slide 9)

- ☐ Having goals can help you achieve what you want
- ☐ Writing your goals can be effective
- ☐ What would happen if you tried to make every category on your wheel a 10 at the same time?

- SMART is an acronym for creating goals
  - Specific: goal states exactly what you want to accomplish and focuses only on one particular area or aspect
  - Measurable: goal can be monitored to determine progress
  - Achievable: goal should be relatively achievable considering time, talent, and resources
  - Relevant: goal should be applicable to your current life situation
  - Time Bound: goal should have a set timeframe or deadline
- Goals are for changing habits
- **Handout 2**: SMART Goals *bottom of page 1 and page 2*

Review of Objectives (Slide 10)

- How could you use the Wheel of Life® to help you achieve and maintain balance?
- What are some of the characteristics of SMART goals?