Slide 1: Finding Balance

Slide 2: Objectives

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

Slide 3: Responsibilities and Obligations

- List your values
- Record how you will measure your life
- Record what is currently most important to you
- List your current responsibilities and obligations

Slide 4: Pleasure and Fun

- List the things that make you feel good or recharge your energy level

Slide 5: Are You Balanced?

Sometimes, you may find it difficult to lead a balanced life. All attention might be focused in one direction, especially in times of crisis or during deployment. When this time of intense focus passes, try to refocus your life so you can fulfill and enjoy your roles and responsibilities to the fullest.

Slide 6: The Wheel of Life®

One way we might divide our lives is into the following eight categories: work and career, health and fitness, family and home, finances, personal growth, social and cultural, spiritual and ethical, and fun and recreation.

For each category on the wheel, read the corresponding questions on the top of page 2. Then, rate your satisfaction in that category on a scale of 0 to 10, and place a dot on the wheel between wheel spokes indicating your rating; 0 in the center is *not satisfied,* and 10 on the outside is *extremely satisfied*. Be honest with yourself. You will not share your answers with anyone else. Once you have rated your satisfaction in the eight categories, draw a curved line between spokes in each topic area.

Slide 7: Example Wheel

Your wheel may look something like the one pictured on the PowerPoint (i.e., higher in some areas and lower in others). What did your wheel show you? Who was surprised by his or her results?

Slide 8: How Can We Achieve Balance?

- An equal amount of time, involvement, and satisfaction does not need to be achieved in all life categories
    - Determine what works best for you
- Reflect on what your values are
- Prioritize what is important

Slide 9: SMART Goals

- Write down your goals
- Consider setting short- and long-term goals
- Set SMART goals
  - **S**pecific
  - **M**easurable
  - **A**chievable
  - **R**elevant
  - **T**ime Bound

Slide 10: Review of Objectives

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

Slide 11: Finding Balance