Balancing My Life

Handout available for download on the YRRP website
at: www.yellowribbon.mil/cms/event-handout

1. What are your values?

2. How will you measure your life?

3. What's most important right now?

Responsibilities and Obligations	Pleasure and Fun

Source for questions: Davis, K. D. (2017, October). *"Balancing" your family's schedule.* Presentation at Beaver Family Connections, Corvallis, OR.

The Wheel of Life®

On a scale of 0 to 10 (with 10 on the outside rim being highest and 0 in the center), mark your level of satisfaction in each topic area by placing a dot on the wheel between wheel spokes. Then, draw a curved line between spokes for each topic area.

Consider the following when answering:

Work/Career: Do you enjoy what you do? Do you feel like you are making a contribution to your community?

Family and Home: Are you happy with your home life? Are the relationships what you want?

Finances: Is your standard of living what you want it to be? Have you planned for your future? If you have children, have you planned for their education?

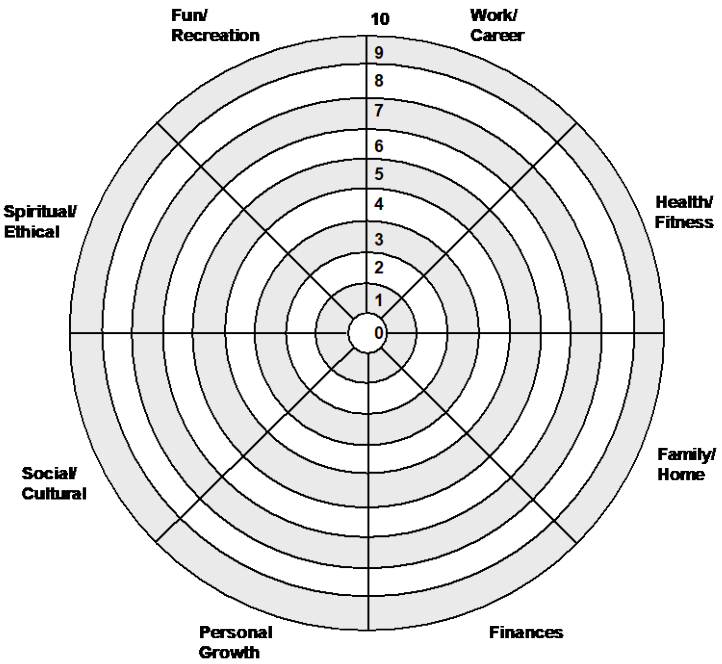
Personal Growth: Are you achieving your personal desires in terms of education and self-development? Do you take time for yourself?

Social and Cultural: Do you have friends who enrich your life and contribute to your sense of well-being? Do you have a confidant with whom you can discuss important matters? Do you have interests, outside of your family and career, in which you participate (e.g., sports, theater)?

Spiritual/Ethical: Is religion important to you? If so, are you content with the way you are practicing your faith? Do you believe in specific personal values? Are you living up to those personal values?

Fun and Recreation: Do you participate in activities that give you enjoyment? Do you take advantage of the recreational opportunities in the location in which you live?

Health and Fitness: Do you feel healthy? Do you exercise and eat the way you would like to?



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SMART Goals

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You may use the wheel as a measure of balance to gauge your overall degree of life satisfaction and to identify areas that might benefit from goal-setting.

Identify an area in which you would like to increase your level of satisfaction and answer the following question:

If _____ were a 10 for me, what three things would be happening?

1.

2.

3.

Consider the following tips for achieving balance:

- Draw a line.
  - Set boundaries. Say, “no.”
  - Practice self-care to improve overall well-being.
  - Set realistic expectations for yourself.
- Be present.
  - Don’t be afraid to unplug.
  - Be attentive at home, at work, or during your free time.
- Practice mindfulness and self-compassion.
  - Recognize when you are feeling guilty about not being able to do it all.
  - Accept those feelings and reflect on why you are feeling that way.
- Create (and stick to) a daily routine.
  - Sleep 7-9 hours.
  - Exercise.
  - Engage in family time, including meals.
- Recognize there are tradeoffs.
  - Focusing on an important goal may deprioritize less important ones.
  - Compromise on certain aspects in life to achieve what is necessary.
- Be flexible.
  - Adapt to unexpected situations.
  - Shift priorities as needed.

Source for tips: Davis, K. D. (2017, October). *“Balancing” your family’s schedule*. Presentation at Beaver Family Connections, Corvallis, OR.

The SMART goals acronym:

- **S**pecific: state exactly what will be accomplished
- **M**easurable: set a goal that can be monitored
- **A**chievable: determine if the goal can be reached
- **R**elevant: set a goal that is applicable to your situation
- **T**ime Bound: set a timeframe or deadline for accomplishing the goal

My SMART goals:

1.

2.