

# Finding Balance

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# Agenda

Identify opportunities to bring more balance to specific areas of your life

Set goals for addressing areas of your life that require more attention

List your responsibilities and obligations



List the things that provide you pleasure and fun

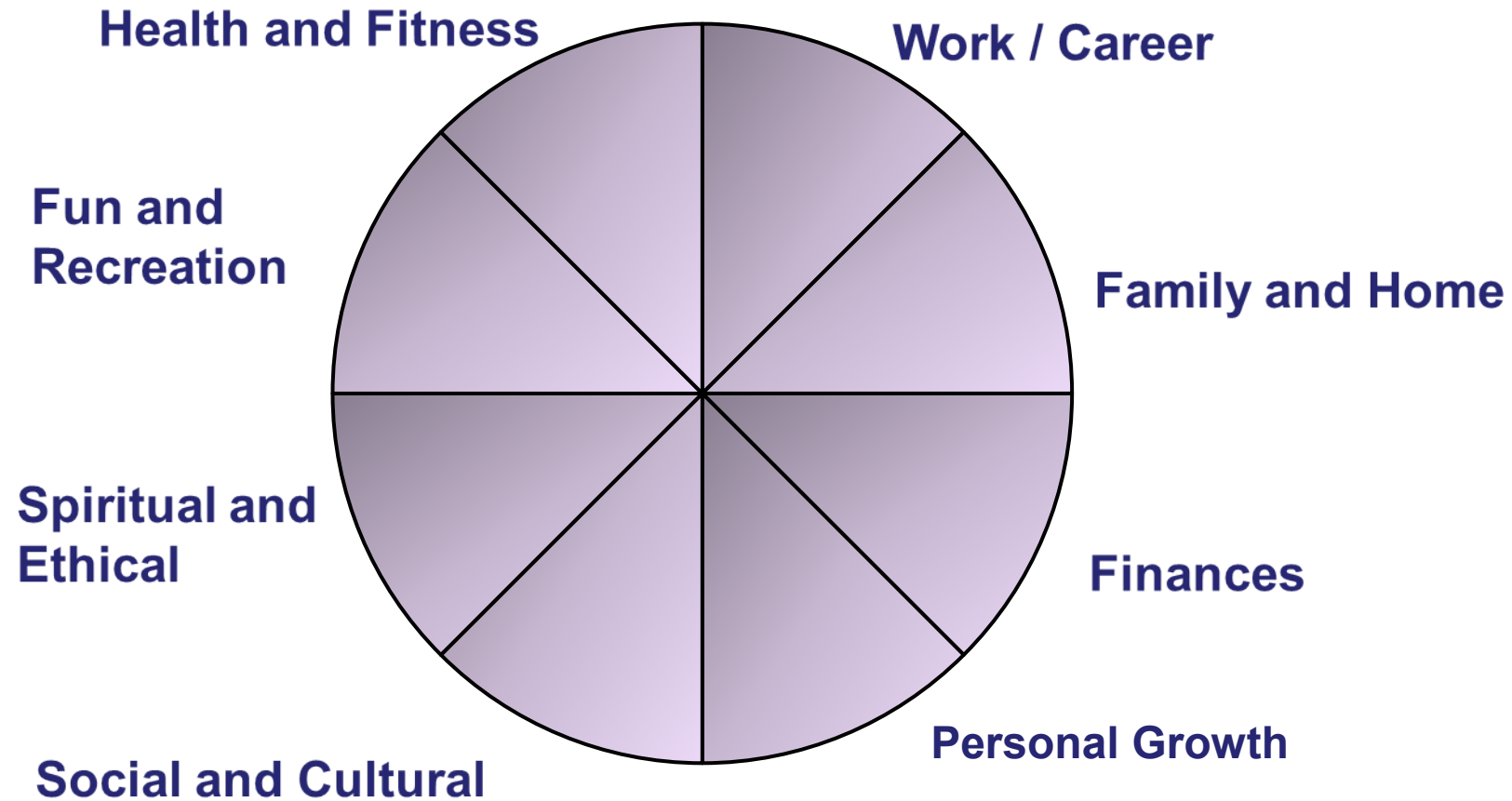




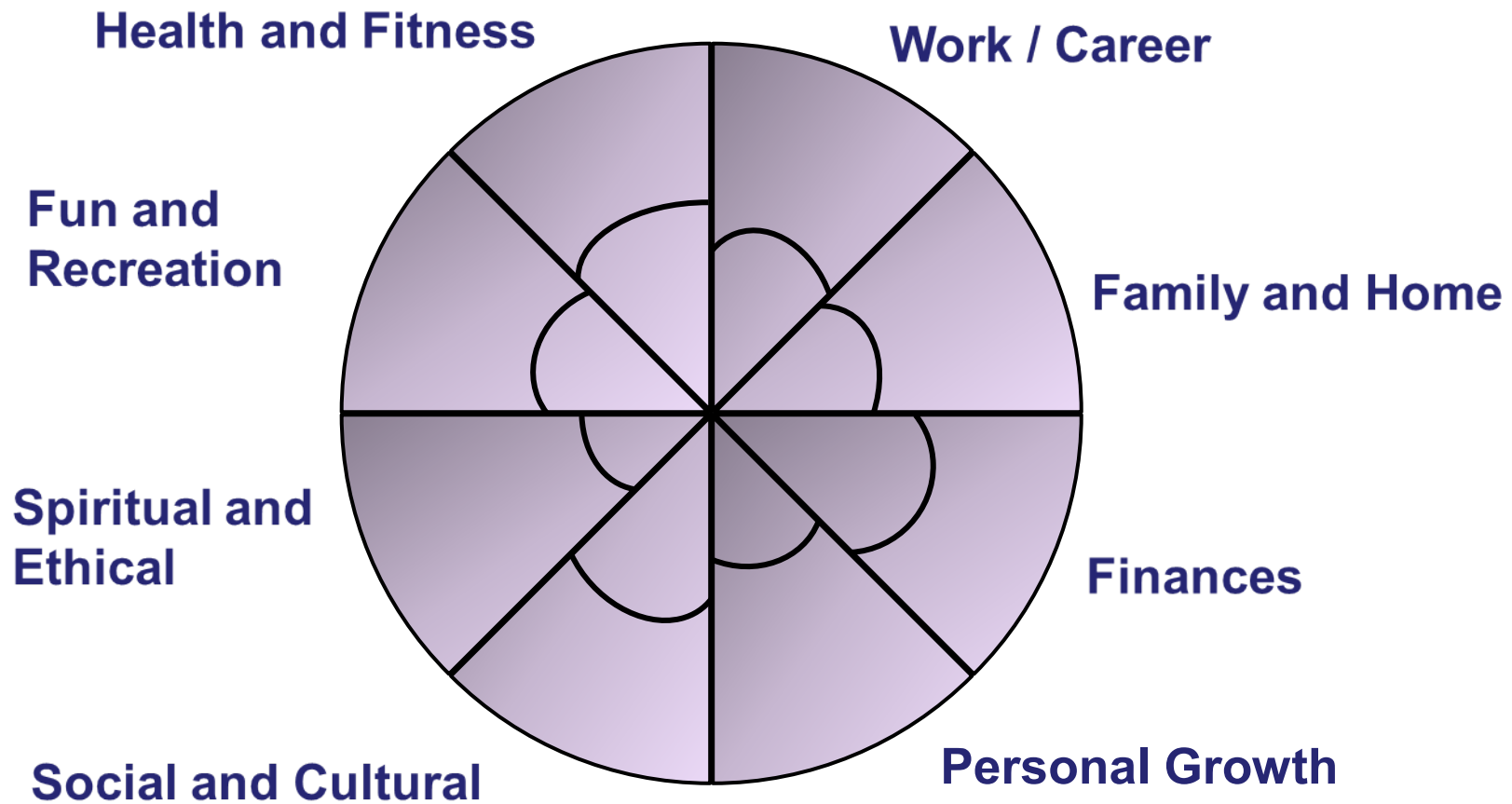
How do the sides balance out?



# The Wheel of Life<sup>®</sup>



# Example Wheel







How bumpy  
is your ride?





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PAUSE

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Hey friend, I know the self loathing FEELS productive, but life is just too hard to justify you being such a butt towards yourself today.



The Latest Kate



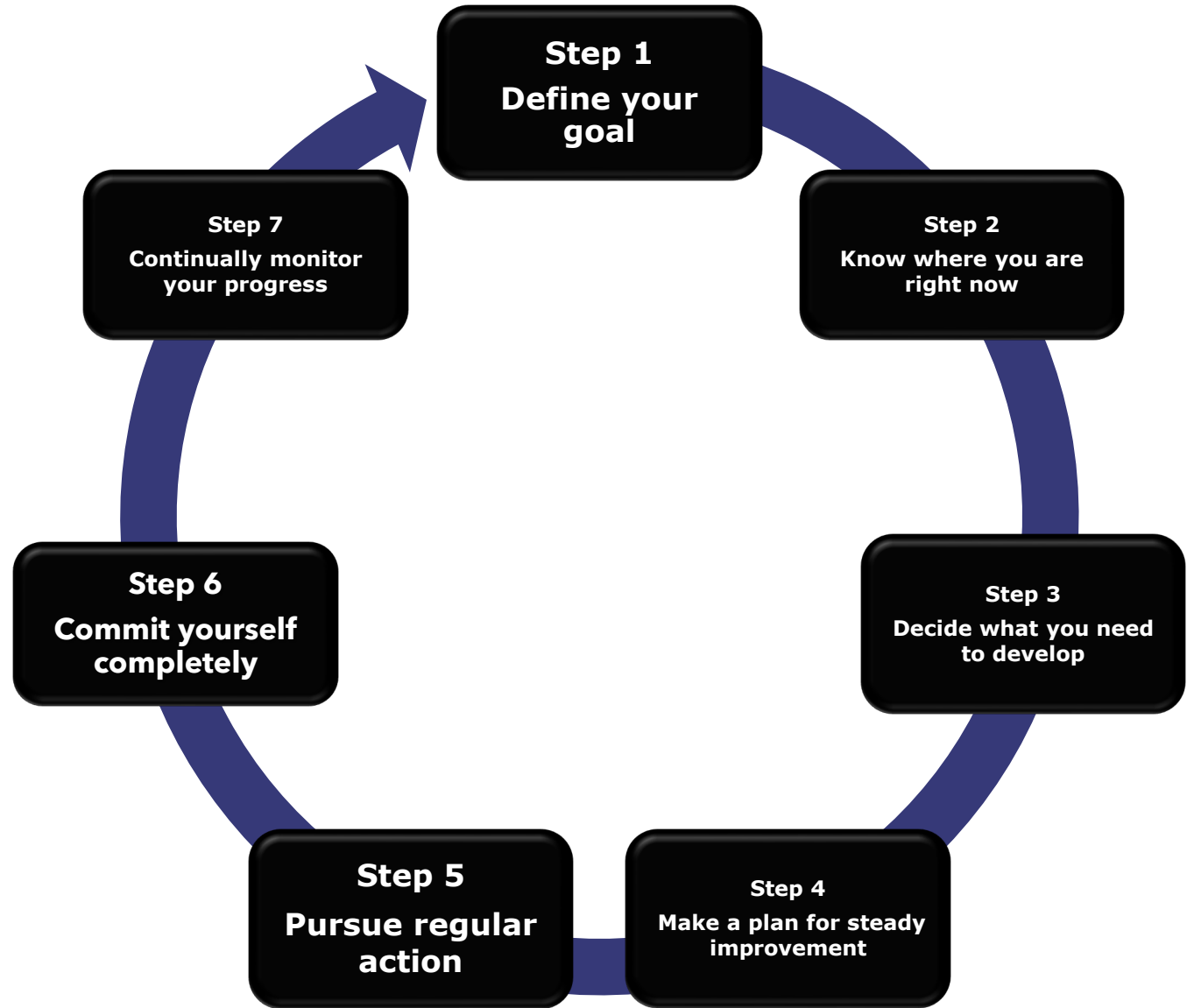
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# Goal Setting

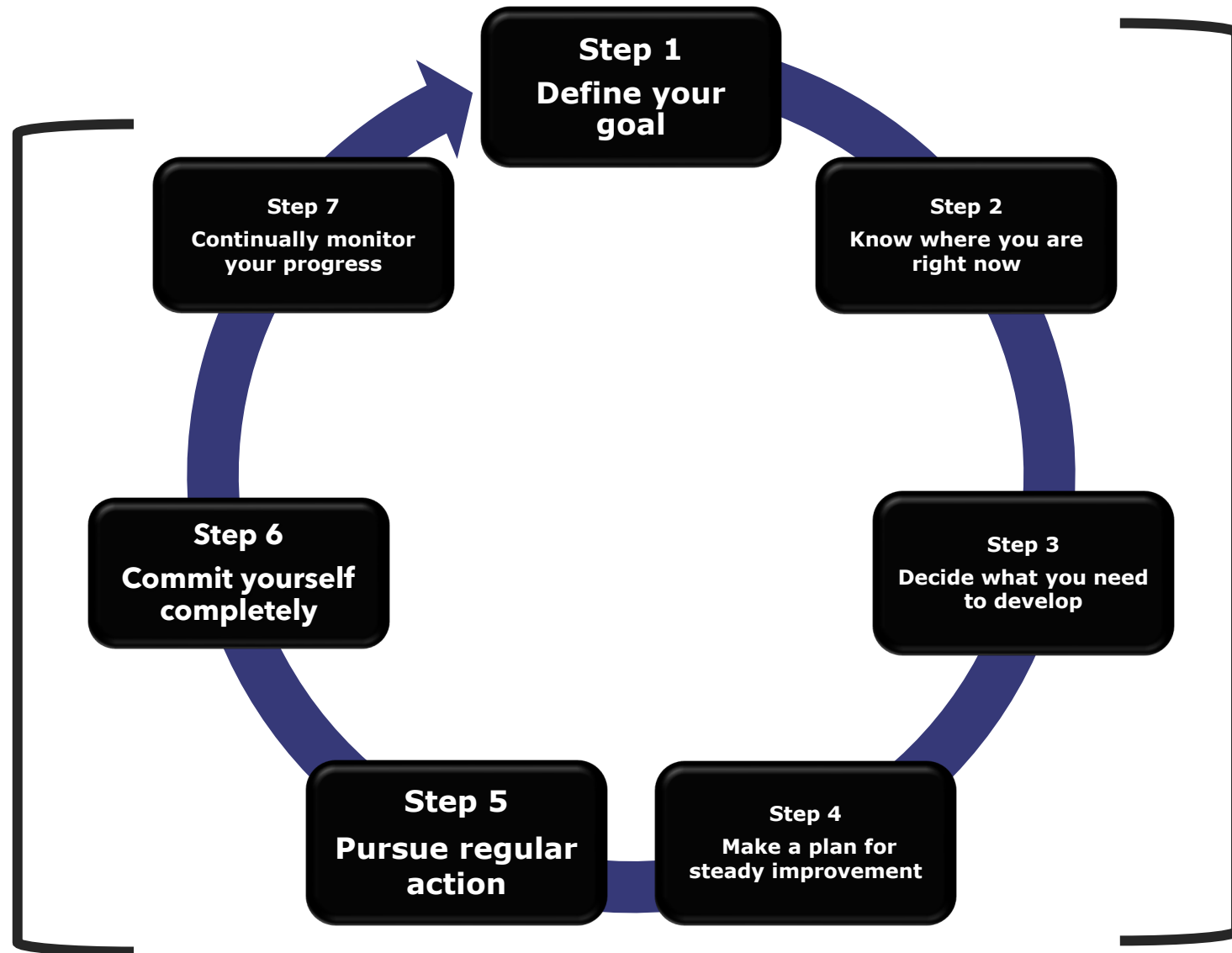
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- Goal Setting is a process to deliberately energize, direct, and sustain behavior to ensure progress
- Goal Setting can be an effective means to grow and thrive, especially following adversity
- Goal Setting is an effective strategy to facilitate the achievement of dream goals as well as enhanced performance

# 7 Steps



**ACT  
(5-7)**



**PLAN  
(1-4)**



# Step 1: Define Your Goal

The process begins with a dream or performance goal that you genuinely want to achieve

Identify your outcome goal

Identify a suspense for your goal

# Leverage Your Internal Motivation

**Motivation matters:** You are more likely to achieve goals when the motivation comes from within you and is tied to your personal values

- Decreases anxiety
- Enhances concentration
- Increases positive emotion
- Feeling of being in “flow”
- Increases effort and persistence
- Provides satisfaction
- Fulfills need for autonomy

<input checked="" type="checkbox"/> Gratitude
<input checked="" type="checkbox"/> Perseverance
<input checked="" type="checkbox"/> Personal Courage
<input checked="" type="checkbox"/> Teamwork
<input checked="" type="checkbox"/> Other: <i>Setting a good example for my kids</i>

**Step 1: Define Your Goal**

- Outcome (dream or performance) goal: \_\_\_\_\_  
\_\_\_\_\_
- Suspense: \_\_\_\_\_
- Internal motivation: Below are some common values. Select approximately five that have the greatest influence on *how you live your life* and *the choices you make on a daily basis*.

<input type="checkbox"/> Accountability	<input type="checkbox"/> Forgiveness	<input type="checkbox"/> Learning	<input type="checkbox"/> Self-regulation
<input type="checkbox"/> Achievement	<input type="checkbox"/> Friendship	<input type="checkbox"/> Love	<input type="checkbox"/> Self-reliance
<input type="checkbox"/> Ambition	<input type="checkbox"/> Generosity	<input type="checkbox"/> Loyalty	<input type="checkbox"/> Serenity
<input type="checkbox"/> Caring	<input type="checkbox"/> Gratitude	<input type="checkbox"/> Open-mindedness	<input type="checkbox"/> Social intelligence
<input type="checkbox"/> Caution	<input type="checkbox"/> Hard work	<input type="checkbox"/> Originality	<input type="checkbox"/> Sportsmanship
<input type="checkbox"/> Collaboration	<input type="checkbox"/> Honesty	<input type="checkbox"/> Patience	<input type="checkbox"/> Strength
<input type="checkbox"/> Communication	<input type="checkbox"/> Honor	<input type="checkbox"/> Peace	<input type="checkbox"/> Teamwork
<input type="checkbox"/> Compassion	<input type="checkbox"/> Hope	<input type="checkbox"/> Perseverance	<input type="checkbox"/> Tradition
<input type="checkbox"/> Competition	<input type="checkbox"/> Humility	<input type="checkbox"/> Personal courage	<input type="checkbox"/> Trust
<input type="checkbox"/> Duty	<input type="checkbox"/> Humor	<input type="checkbox"/> Perspective	<input type="checkbox"/> Unity
<input type="checkbox"/> Enthusiasm	<input type="checkbox"/> Innovation	<input type="checkbox"/> Prosperity	<input type="checkbox"/> Wisdom
<input type="checkbox"/> Excellence	<input type="checkbox"/> Integrity	<input type="checkbox"/> Purpose	<input type="checkbox"/> Zest
<input type="checkbox"/> Fairness	<input type="checkbox"/> Kindness	<input type="checkbox"/> Respect	<input type="checkbox"/> Other:
<input type="checkbox"/> Faith	<input type="checkbox"/> Knowledge	<input type="checkbox"/> Responsibility	<input type="checkbox"/> Other:
<input type="checkbox"/> Family	<input type="checkbox"/> Leadership	<input type="checkbox"/> Sacrifice	<input type="checkbox"/> Other:

- In 1-2 sentences, describe how each value will help you achieve your goal.

VALUE	HOW IT WILL HELP ME ACHIEVE MY GOAL



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## Step 2: Know Where You Are Right Now

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- To figure out the route to get to your goal, you must understand where you're starting from
- Imagine the benefits of successfully reaching your goal
- Brainstorm the obstacles that might stand in your way



## Step 2: Know Where You Are Right Now

With your partner, identify benefits and obstacles that will influence the achievement of your goal.

### Consider these categories:

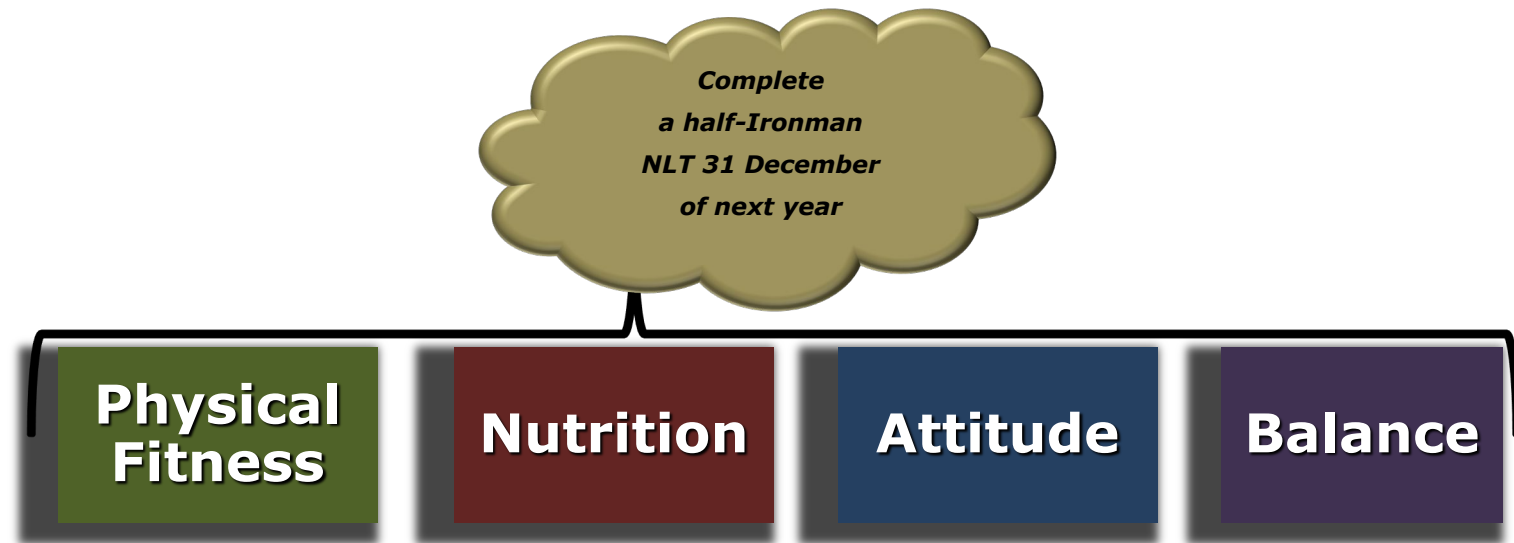
- Physical
- Mental/attitude
- Values/beliefs (Icebergs)
- Support from others
- Contacts/network
- Knowledge
- Financial
- Character Strengths
- Other areas

<b>BENEFITS</b>	<b>OBSTACLES</b>
What would be the best things about achieving this goal?	What obstacles or personal behaviors might hinder your progress?

## Step 3: Decide What You Need to Develop

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- You need to focus your efforts in the areas that will move you towards your goal
- Based on the obstacles you identified in Step 2, identify the broad Priority Areas you need to address to reach your goal



## Step 4: Make a Plan for Steady Improvement - 1

- Action Statements tell you what work you need to do to achieve your goal
- For each Priority Area, create several Action Statements that are **SMART**:
  - ✓ ***Specific***
  - ✓ ***Measurable***
  - ✓ ***Action-focused***
  - ✓ ***Realistic***
  - ✓ ***Time-bound***

## Step 4: Make a Plan for Steady Improvement - 2

- Power Statements provide the confidence and energy to complete your Action Statements
- For each Priority Area, create Power Statements that are **P3**:
  - ✓ **Purposeful**
  - ✓ **Productive**
  - ✓ **Possibility**



#### Step 4: Make a Plan for Steady Improvement

With your partner, pick one of your Priority Areas and create at least 3-4 Action Statements that identify the work you need to do to move towards your goal in this area, and at least 1-2 Power Statements that tell you how you need to think so you stay motivated to complete the Action Statements to the best of your ability.

**Nutrition**

##### Action Statements should be SMART:

- Specific
- Measurable
- Action-focused
- Realistic
- Time-bound

##### Power Statements should be P3:

- Purposeful
- Productive
- Possibility

**Nutrition**

Priority Area # \_\_\_\_\_

ACTION STATEMENTS	POWER STATEMENTS

I drink at least 80 ounces of water a day.

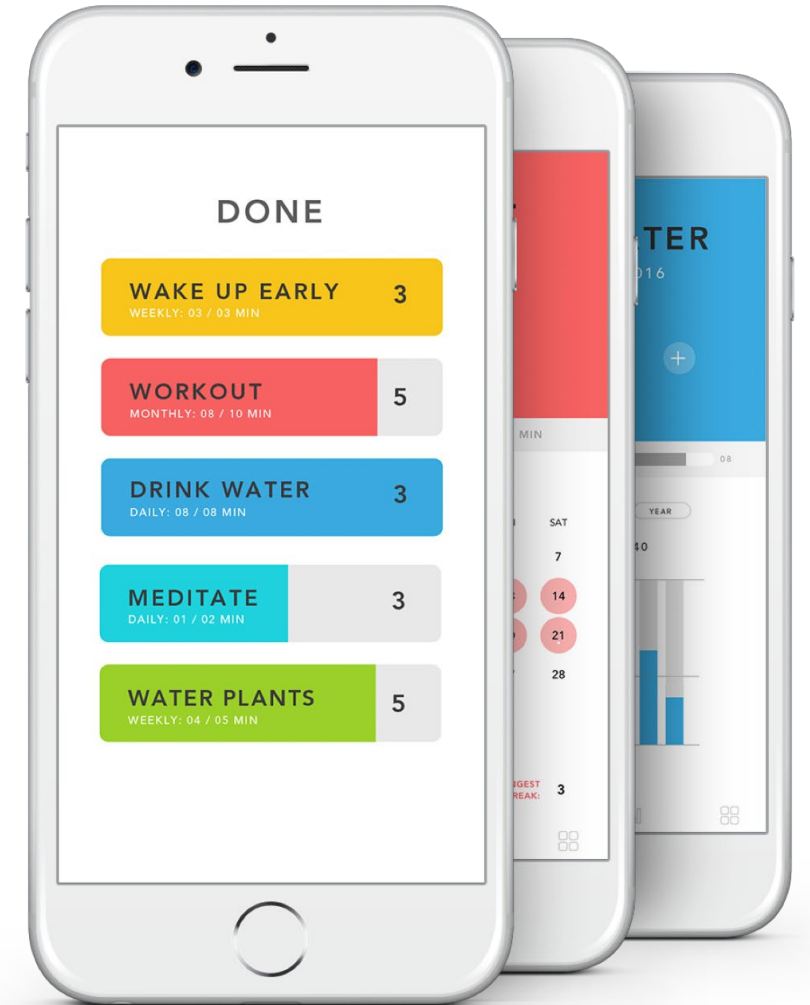
I eat 60% clean carbs, 30% healthy fat, and 10% lean protein every day.

I expect great things out of my body, so I put only great things in.

Fuel the machine!

## Step 5: Pursue Regular Action

- Identify an Action Statement to complete tomorrow
  - *Drink at least 80 ounces of water*
- Identify a Power Statement to use tomorrow to motivate you to complete the Action Statement
  - *"I expect great things out of my body, so I put only great things in."*
- Describe the system you will use to keep you accountable for using your Action and Power Statements
  - *To-do list*
  - *Revisit each night*



## **Step 5: Pursue Regular Action**

With your partner, prepare for putting your goal plan into action.

Action Statement to complete in the next 24 hours:

Power Statement that will motivate me to complete the Action Statement:

What is your strategy or system to ensure you implement your SMART Actions regularly?

How/when will I check in on my strategy/system to ensure I complete my SMART Actions?

## Step 6: Commit Yourself Completely

### Create

Create a strategy that will keep your goal in the forefront of your mind every day

- Post picture of someone who looks like me completing an Ironman

### Name

Name at least one person you can share your goal with who can keep you motivated

- My spouse, my kids

### Plan

Plan to sustain your commitment in the face of an expected obstacle

- Finish drinking water bottle and refill when I crave an energy drink

## **Step 6: Commit Yourself Completely**

With your partner, develop a strategy for maintaining your motivation to achieve your goal.

Strategy to stage my surroundings to automatically trigger pursuit of my goal:

Person to share my goal with who will keep me accountable, energized, and on track:

When I... *(an obstacle that will likely stand in my way, from Step 2):*

then I will... *(Action Statement):*

## Step 7: Continually Monitor Your Progress

- Until you reach your goal, you'll need constant, deliberate effort to ensure your progress
- Decide how often you need to check on your progress
  - *Every 30 days*
- Identify the date of your first check-in
  - *1<sup>st</sup> of the month*
- Brainstorm how you will leverage one of your values when you face an unexpected obstacle
  - *Setting a good example for my kids*

### **Step 7: Continually Monitor Your Progress**

With your partner, plan for checking in on your progress towards your goal.

- How often I'll check in: \_\_\_\_\_
- First check-in date: \_\_\_\_\_

When I face an unexpected obstacle, then I will leverage my value of:

by *(Action or Power Statement)*:



Questions?

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“Balance is not  
something you  
*find* it’s  
something you  
*create*”

—  
JANA KINGSFORD