

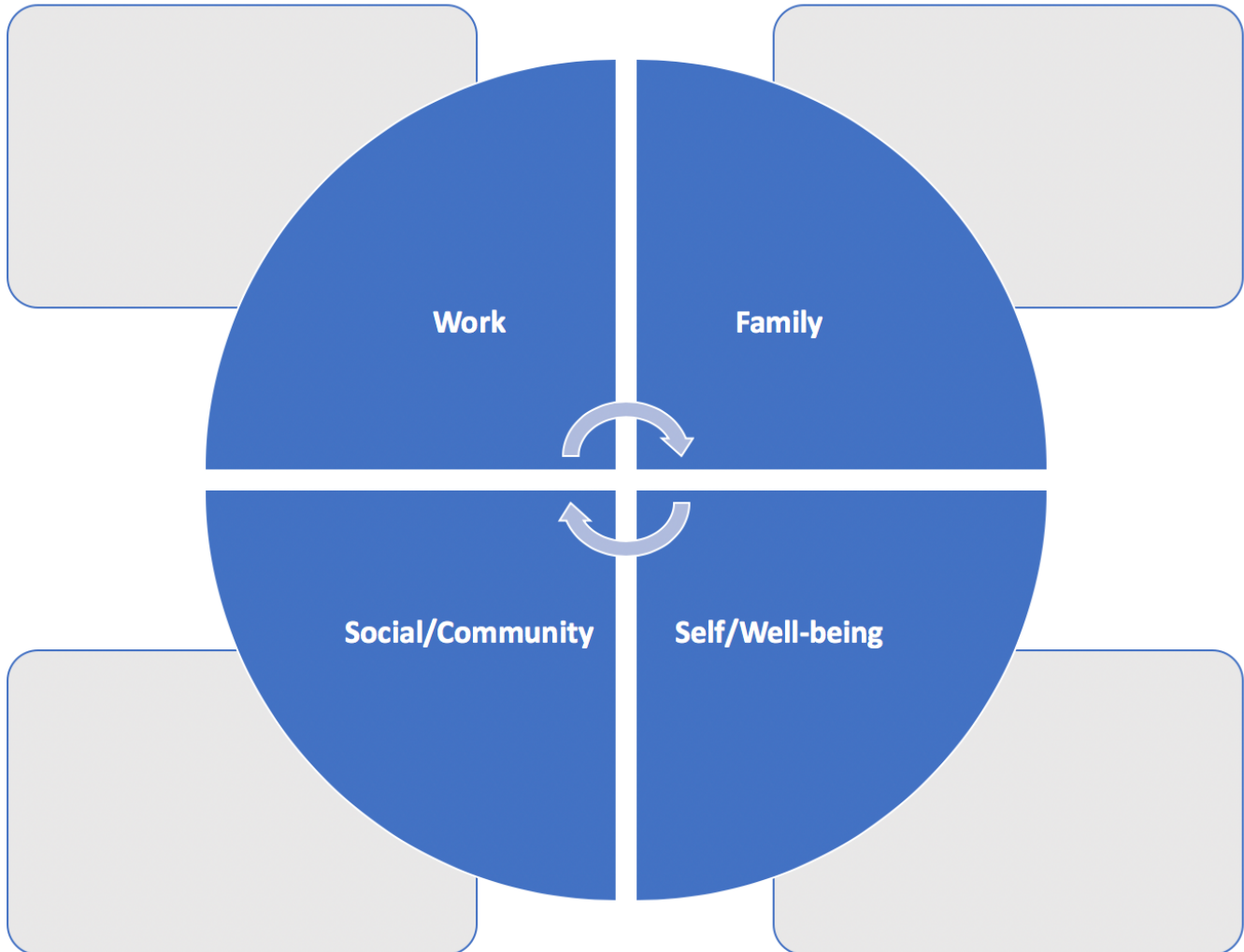
hone your work-life integration

A HELPFUL TOOL FOR STRESS MANAGEMENT

EXERCISE: WORK-LIFE INTEGRATION

Take a moment to think about what's most important to you (examples: values, goals, interests, actions, and results you pursue) in these 4 domains of your life:

1. Self/Your Well-Being
2. Work
3. Family
4. Social/Community



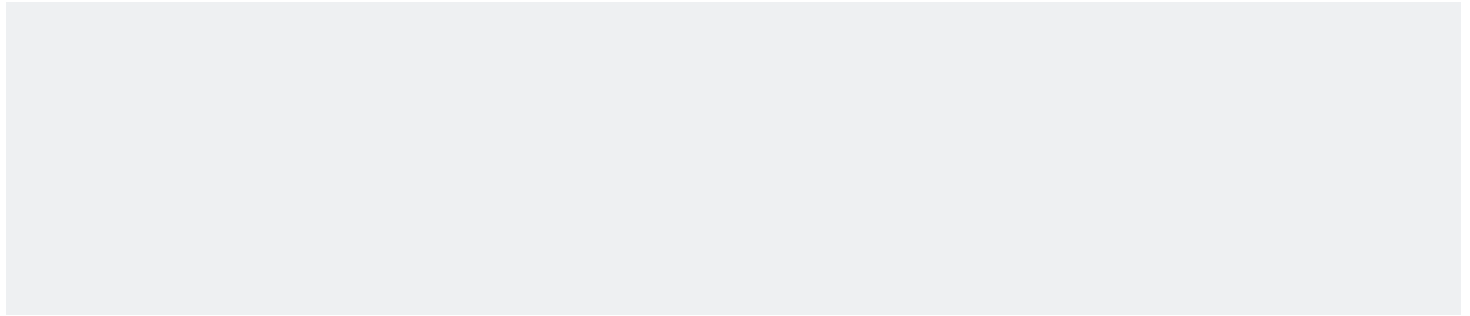
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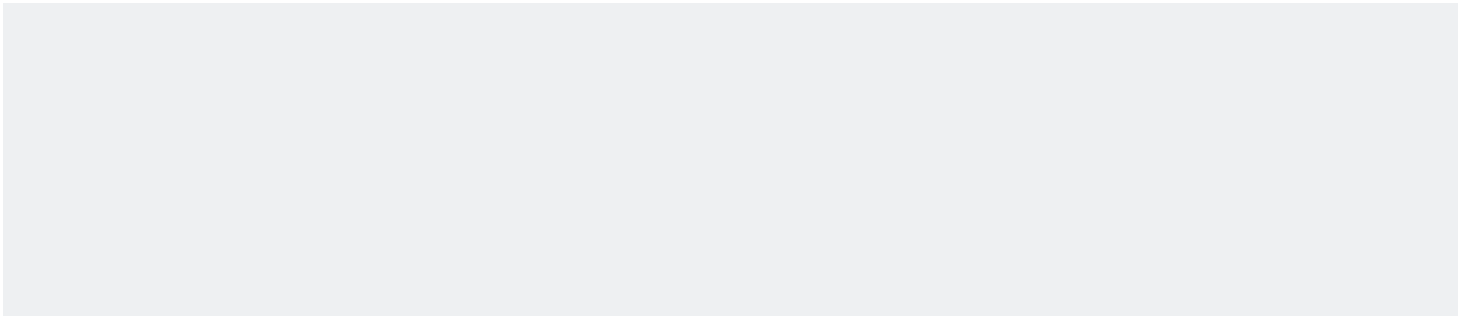
EXERCISE: WORK-LIFE INTEGRATION (CONTINUED)

Answer the following questions based on your completed work-life integration visual

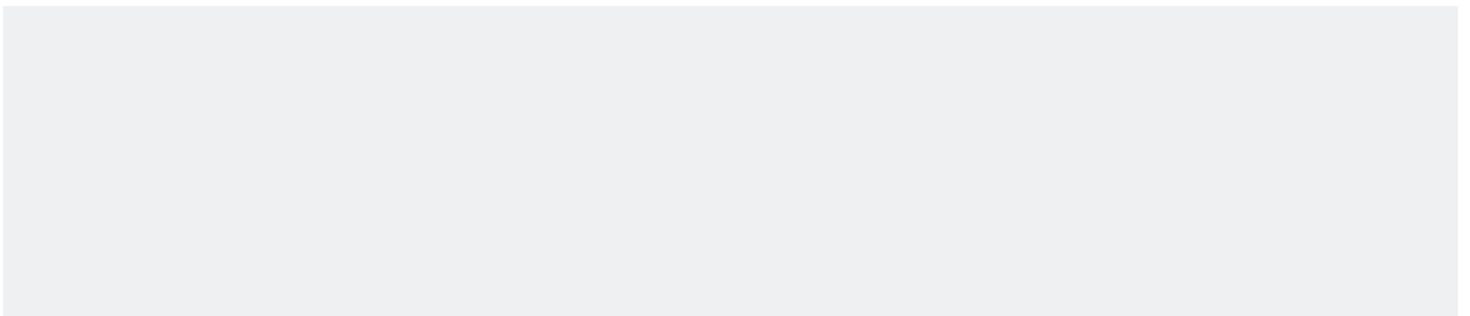
1. Reflecting on these priorities, what are you letting go of in this season ie: what do you need to say no to right now in order to say “yes” to your top priorities?



2. Where do you see conflict in what you wrote down in these domains? For example, if I say I value a flexible work schedule, but I don't have that flexibility currently.



3. Where is there conflict or competition between domain priorities? For example, if I say that I prioritize cooking and eating dinner with my family 5 nights a week (family domain) but I listed that I want to work out at the gym after work 4 nights a week (self/well-being)

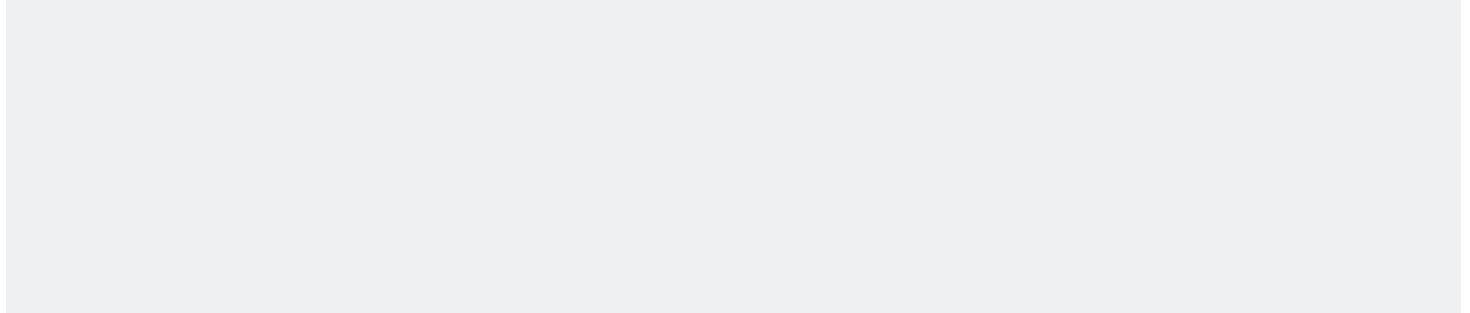


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EXERCISE: WORK-LIFE INTEGRATION (CONTINUED)

4. Where do you see the opportunity for harmony where there is conflict? For example, you can identify alternate ways to achieve that goal, experiment with new patterns of behavior, try activities at new times or in different places, etc.



5. based on what you consider your priorities in these areas, what needs to change so you can authentically live out this integration?

