



Finding New Balance under the Full Buck Moon 7/05/20

## Activity Sheets

**FULL BUCK MOON**

THE OLD  
FARMER'S ALMANAC

Sunday, 7/05/20 @ 7-8:30 pm MST

Find your new balance under the Full Buck Moon  
**Free Registration:**  
<https://thewayoftruth.live/balance>

**FINDING**  
*balance*

Reclaim Your Time  
and  
Live a More  
Fulfilling  
Life

Full Moon Webinar  
Sun 7/05/20 @  
7-8:30 pm MST

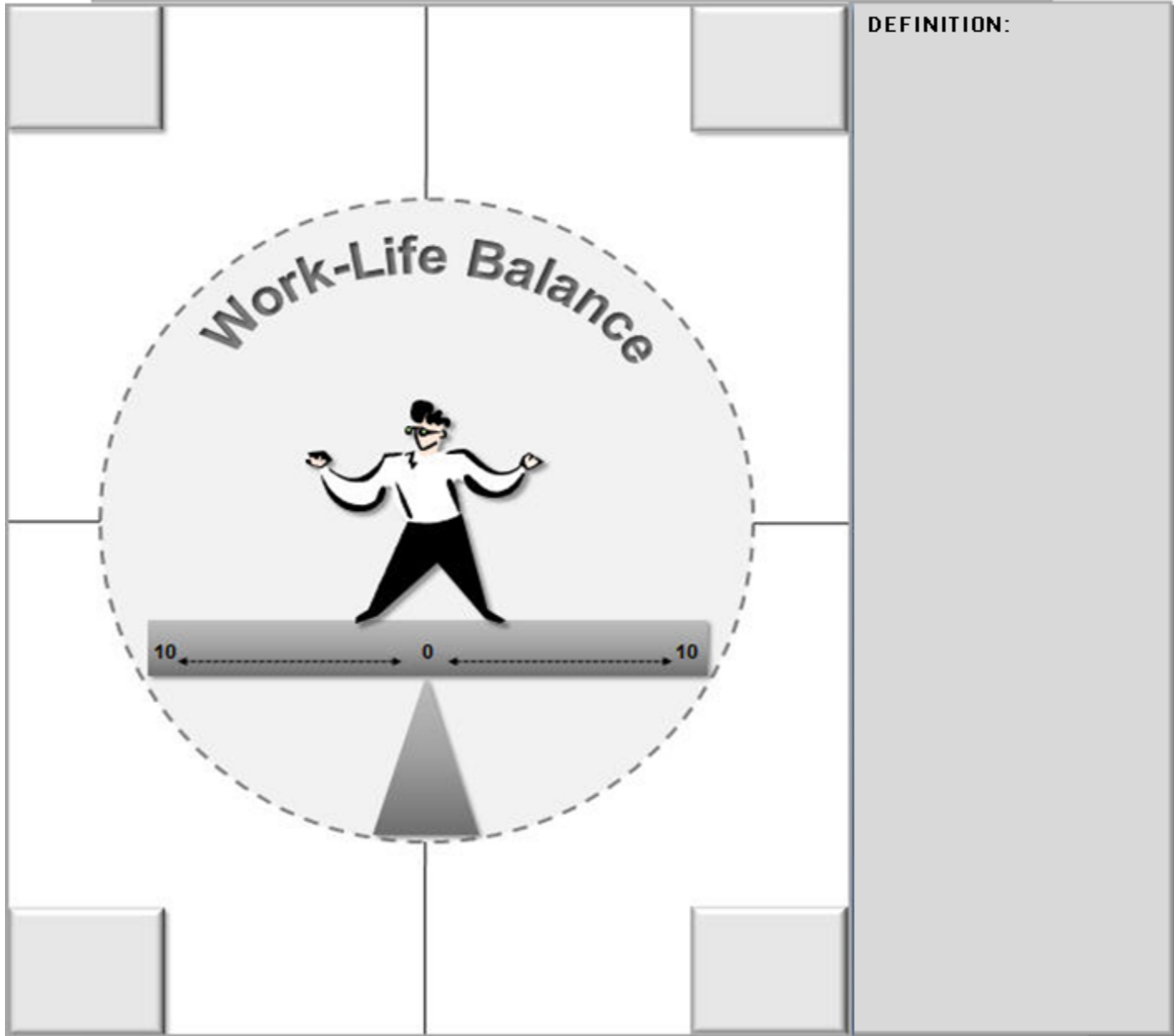
the way of truth  
connect to your heart's wisdom

Free Coaching Community Membership Events at [thewayoftruth.live/freedom](https://thewayoftruth.live/freedom)

# Activity Sheet #1- "Finding the Balance Point"

Family Resources   Friendships   Home   Money/Finances   Career   Obligations   Stakeholders  
Employer/Employees   Health

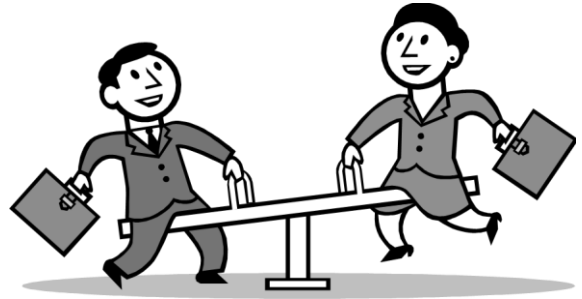
DEFINITION:



Habits   Emotions   Values   Knowledge   Beliefs   Perspectives   Passion  
Experience   The Past   Mindset   Self-Awareness

## Activity Sheet #2

### *“On the See-Saw of Life”*



Fill out the items on this page as you discuss them with the trainer.

1.

\_\_\_\_\_ % of respondents said they do not have sufficient vacation time

Overworked employees have an \_\_\_\_\_ effect on business outcomes by making mistakes, and resenting their employers and co-workers.

\_\_\_\_\_ is a key contributor to feeling overwhelmed.

\_\_\_\_\_ % of employees feel they have a good work-life balance.

50,000 workers indicate that work-life balance is \_\_\_\_\_ in importance after compensation.

2.

Implications of the research:

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3.

The consequences of work-life imbalance in my life are:

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4.

The consequences of work-life balance in my life are:

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## Activity Sheet #3

### *“Accentuate the Positive”*

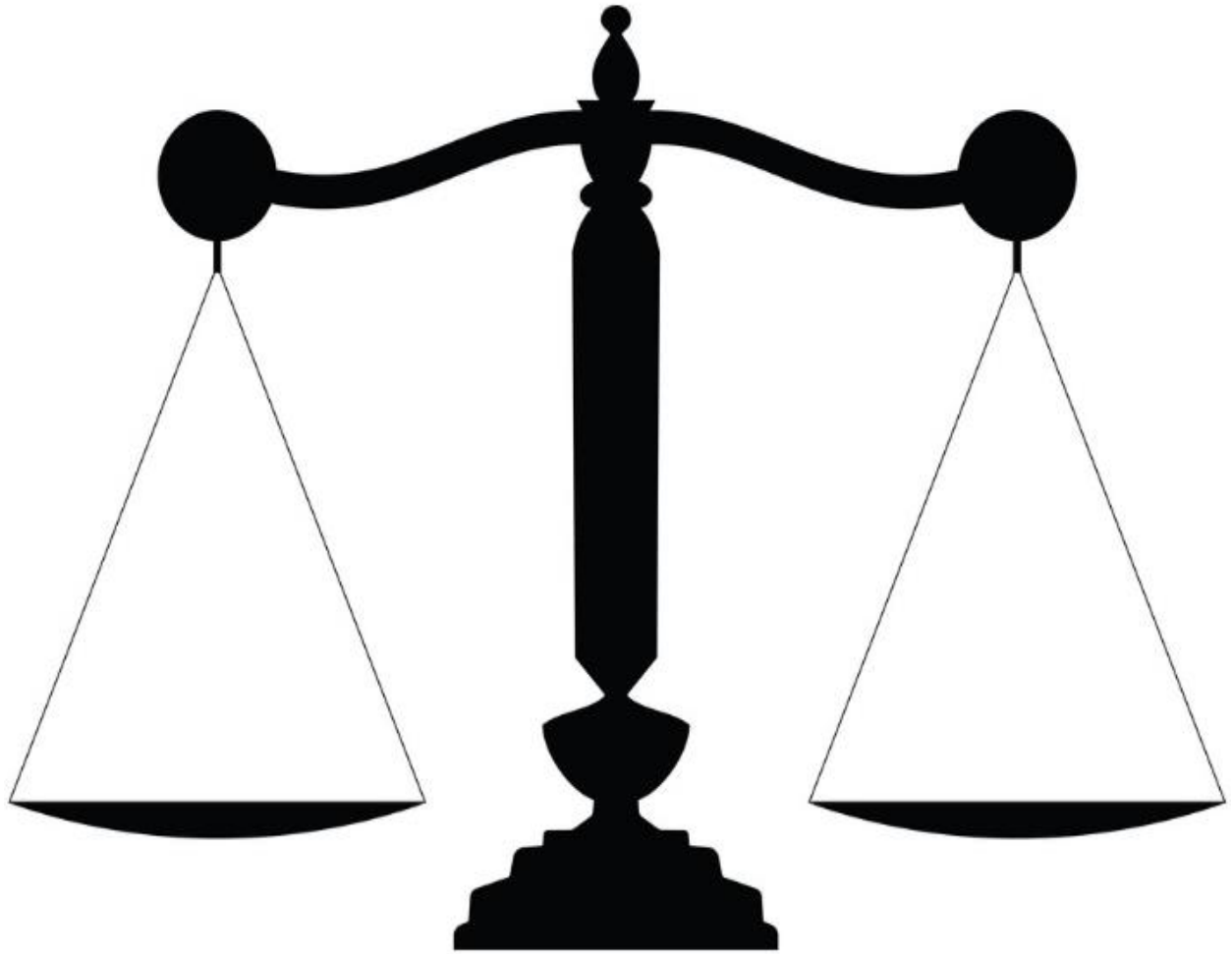


The <i>negative</i> factor I want to minimize or eliminate is:	The <b>action</b> I will take to minimize or eliminate it is:

The <i>positive</i> factor I want to maximize or enhance is:	The <b>action</b> I will take to maximize or enhance it is:

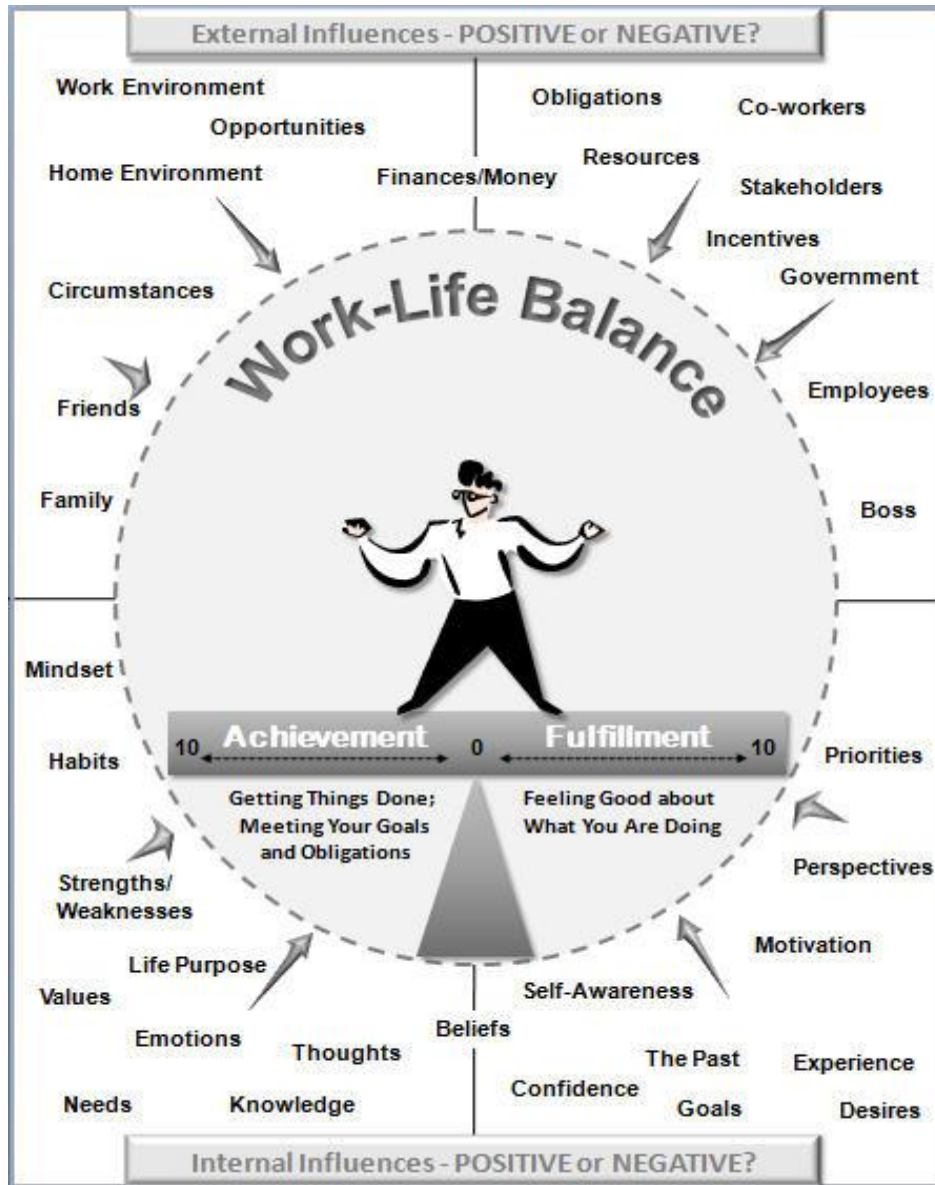
REMEMBER: Work-life balance does not magically happen. It takes effort to maintain the resources that are a positive influence. Making a commitment to change your relationship to these influences is an essential step in improving your work-life balance.

**Activity Sheet #5 – “Staying in Balance”**



# Handout

## “Balancing Choices”



DEFINITION: Work-life balance is the *dynamic* relationship between achievement and fulfillment, and the influences that either distract us or support us (positive or negative).

REMEMBER: Work-life balance does not magically happen. It takes effort to maintain the resources that are a positive influence. Making a commitment to change your relationship to these influences is an essential step in improving your work-life balance.

# After the Webinar

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## (Participant Homework)

Print extra copies of the Activity Sheets from the webinar to have on hand so you can continue to explore your work-life balance.

Within the next couple of weeks, identify a less-than-desirable outcome in your life, relationships, or career. Then use the Activity Sheets to go through the two processes again. This will reinforce what you learned in the webinar, your ability to make the mindset shift, and help build a habit of looking at your behaviors and mindset when you encounter unwanted impacts and outcomes.

Questions:

1. What a less-than-desirable outcome in your life, relationships, or career did you encounter this week?
2. What was your response?
3. What action did you take to minimize or eliminate the situation?
4. What action did you take to maximize or enhance the situation?
5. What did you learn from being more aware of your levels of achievement and fulfillment?
6. What did you learn by noticing the influences that either distract or support you?
7. How will you use this learning to address your ongoing work-life balance?

