**Workshop Name**: **Life Balance**: Is your ride a bit bumpy?

**Materials Needed:** white board or flip chart and pens; handouts (Journal page for activities in categories; Wheel; Commitment sheet) reproduced; multi-color pens and paper for participants

**Web Description**: How often do you utter, “I don’t have time. Life is crazy! I can’t handle one more thing!” Certainly you aren’t alone if overwhelmed (or at least “too busy”) is the norm. You also aren’t alone if you want to change it, you’ve tried to change it, and it seems you never make any headway toward consistent change. This workshop is about seeing your life as it is, choosing where you want to smooth out the ride, discerning clear and focused action steps, and being energized to commit to powerful change.

**Stake**/**Purpose**: Awaken individuals to the awareness that we choose how we spend our time and energy and making choices that reflect balance, purpose, and passion enhances wellness.

**Intended** **for**: Adults who feel controlled by life’s circumstances, stressed, unable to pursue activities that bring joy, or merely tired out by life and anyone who wants change and doesn’t know where to begin.

**Desired Impact:** The participant will realize that their life is not in balance due in part to choices which they have the power to change. By making different choices, they will have more energy and drive and experience more overall wellness.

**Outcome:** Visual and visceral awareness of current choices and imbalance; commitment to a personal, specific plan to create shift in one area of life; support system to help with keeping the commitment and reporting success!

**Musical content:** None

**Resources (books, articles, etc.) for participants:**

Appearance is Yesterday’s Outcome

**Preparatory e-mails:**

Treating yourself to a wellness weekend at Bjorklunden? Hooray!

Too often we let the daily busyness of life: the job, volunteer activities, family responsibilities, household chores … take over. Restorative rest, physical, emotional, and spiritual wellness, personal dreams – these don’t just take a back seat, they get packed in the trunk of the car you are about to sell! When that happens, we can be pretty miserable to be around. Taking the time to participate in the Lawrence Wellness Weekend with co-workers and family is a gift to yourself and everyone around you. Experiencing nature, rest, friends, good food, and the sites, sounds, and smells of Door County is sure to nourish and reenergize.

Consider also spending an hour or two during the weekend to explore how life balance, purposeful choice, personal dreams and goals, enhance wellness and have a positive impact everywhere you go. Two workshops with life coach, Jeanne Loehnis:

**Life Balance –Is your ride a bit bumpy?** (Saturday 9am)

**SMART Goals – Let passion drive you to success!** (Sunday 9am)

are available to get you started.

**Content**

* **INTRODUCTIONS**
  + Me, Life Coach, Retirement, etc.
  + You: One reason you are here
* **OPEN DISCUSSION:**
  + HANDS ONLY: Who has a passion, something you lose yourself doing?
  + HANDS ONLY: Who does your passion as much as you would like?
  + HANDS ONLY: Who has the infamous: “When I have time I am going to…”? or, “I always wanted to …”
  + INTERACTION: What kinds of things keep you from doing “it”?
    - Too busy
    - The kids
    - The job …
    - I don’t deserve it

Also, just popped into my head, something around what they think they deserve. What does balance mean to them? Have they earned that (yet)? Do they feel they deserve balance in their lives? Who and what suffers when they aren't balanced? Where do I add to my stress? It really helps to understand the IMPACT of the lack of balance on their lives and relationships AND where their beliefs and habits may be contributing to that. Then, hopefully you will get a more powerful, committed 'shift' in their thinking - and hopefully a change in their behaviour.

* + I’d like to propose that we can’t afford not to engage in our joys and passion. Those of you who DO engage in your passion:
    - What does it feel like to be doing the activity?
    - What are you worried about when you do it?
    - When you stop, do you usually want to keep going?
    - Do you feel better/worse afterwards?
  + READ: What is Wellness?

Wellness is first and foremost a choice to assume responsibility for the quality of your life. It begins with a conscious decision to shape a healthy lifestyle. Wellness is a mindset, a predisposition to adopt a series of key principles in varied life areas that lead to high levels of well-being and life satisfaction. Donald B. Ardell, Ph. D.

**From the LU brochure:**

Wellness is the integration of mind, body and spirit. Overall, wellness is the ability to live life to the fullest and to maximize personal potential in a variety of ways. Wellness involves continually learning and making changes to enhance your state of wellness. When we balance the physical, intellectual, emotional, social, occupational, spiritual, and environmental aspects of life, we achieve true wellness.

Wellness Inventory speaks about: Self-Responsibility & Love, Breathing, Sensing, Eating, Moving, Feeling, Thinking, Playing and Working, Communicating, Intimacy, Finding Meaning, Transcending – SO BALANCE in every area, *at least conscious choice from a healthy mindset*, is good. NOTE THAT sometimes we need short term imbalance to achieve long term balance

* + How can finding Balance in how we spend our time help us achieve wellness?

Balance 🡪 Time for Passion 🡪 Joy 🡪 Health

ImBalance (Jeanne in 2000 with overtime) 🡪 stress 🡪 anger at family 🡪 dying relationships 🡪 depression or illness 🡪 …

* + Today: Focus on where our **time** goes and **observing** where we act from:
    - personal choice,
    - should,
    - default (always done it that way),
    - overwhelm (too crazed to think about it differently
  + BRAINSTORM: What major areas consume our time (or don’t but we’d like them to!):
    - Job/Career or Education/Academics or Earning Money
    - Primary relationship
    - Family and other meaningful relationships
    - Physical Environment/Household
    - Spirituality or Personal Growth
    - Health/Exercise/Sleep
    - Creativity and Self-Development
    - Fun and Recreation/Social Life
  + HANDOUT with space to list activities we do in each category.
  + AFTER SOME MINUTES:
    - RANK this category 1-10: How satisfied am I here?
      * You may not be spending as much time as you’d like, but for this moment in time, it is okay.
      * Or, you may be losing yourself in an activity that is meaningless
      * or ignoring something else that you believe is vital.
    - TIME ranking: Give each category a TIME ranking: Does it get (0) Not enough, (5) Just right, (10) Too much
  + BALANCE WHEEL on separate sheet:
    - Complete the wheel with labels and your SATISFACTION ranking and connect the dots
  + HOW BUMPY IS YOUR RIDE? One more way to looks at the wheel:
    - Balance doesn’t mean smooth.
      * EX: Sometimes we choose imbalance (raising small kids requires more time so there might be less personal time).
      * BUT, NO personal time?
      * STORY: 1 hr/day of vacation for 1.5 years ‘cause I hadn’t used it!
  + Notice where time or satisfaction are out of whack
  + Circle those areas where satisfaction and time align
  + GET WITH A BUDDY OR groups of 3 or 4 – Discuss one or two “out of whack” areas – perhaps a TOO MUCH time area and a NOT ENOUGH TIME area

***JEANNE – WRITE THESE QUESTIONS ON THE FLIP CHART***

* + - What does it feel like?
    - What impact does “out of whack” have on the rest of your life?
    - What would “just right” be like?
    - In what ways do you believe you are “at choice” here? Not at choice?
  + STAY WITH BUDDY(S). READY FOR CHANGE?
  + PICK ONE AREA YOU WANT TO SEE CHANGE IN.
    - What is the essence of what you want to be different? For the sake of what?

***JEANNE – WRITE THESE QUESTIONS ON THE FLIP CHART***

***Do not focus on the to-do’s here. Just the feeling of successfully shifting in this area***

* + - * Be healthier so I have more energy for the family so: exercise/food
      * Be less stressed/frazzled so I actually stay focused long enough to complete things and feel capable so: meditation/walks in nature
      * Compete in half marathon ‘cause I’ve always wanted to and it is something I’d do with my spouse
  + COMMITMENT MEANS YES/NO, CHALLENGING STATUS QUO, GARNERING SUPPORT
    - What will you do more of? What does that look like?
    - What are you willing to let go of to make room?
    - Notice if you **believe** you have NO choice and you do “it” anyway. Are you willing to challenge your belief?
    - Mark time in your day planner for the things you will DO for you
    - Gather support
      * Share your intention
      * Traveling buddies
      * Sticky notes
      * Log of action steps
      * Daily phone call
    - Planned Review/Recommitment moment – Mark your calendar!
  + COMPLETE THE FORM WITH YOUR COMMITMENT

I am ready for change in this area \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of my life for the sake of \_\_\_\_

In order to effect real and lasting change:

I say YES to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I say NO to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

OTHER OPTIONS FROM SONGS FOR YOUR SPIRIT

* Talk about life coaching, sample sessions and sign up sheet for Saturday
* Artist’s Way – group coaching 13 week class
* Evening of Connection where topics like this are the focus for a small group in your home
* Sign up for mailing list or A-Way or Coaching

***What is it that you do all day, each week, each season?***

*You may need to re-label the categories to fit. Go for it! This is YOUR life!*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Category** | **Abbr** | **Activities** | **Satisfaction Ranking** | **Time Ranking** |
| Job/Career Education/  Academics  Earning Money | Career |  |  |  |
| Primary relationship  Life partner | Life Partner |  |  |  |
| Family and other meaningful relationships | Relationships |  |  |  |
| Physical Environment/  Household | Home |  |  |  |
| Spirituality or Personal Growth | Personal Growth |  |  |  |
| Health  Exercise  Sleep | Physical Being |  |  |  |
| Creativity and  Self  Development | Creativity |  |  |  |
| Fun and Recreation  Social Life | Social Life |  |  |  |



Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Fill in the boxes with your categories
* Use one color to indicate your 1-10 satisfaction ranking (1 is low; 10 is high)
* Connect the dots
* Select a new color and indicate the time you spend in each category: (0) Not enough, (5) Just right, (10) Too much.
* Connect these dots.

***Where do satisfaction and time align? Where are they out of whack?***

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I am ready for change in this area \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of my life for the sake of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

In order to effect real and lasting change:

I say YES to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I say NO to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_