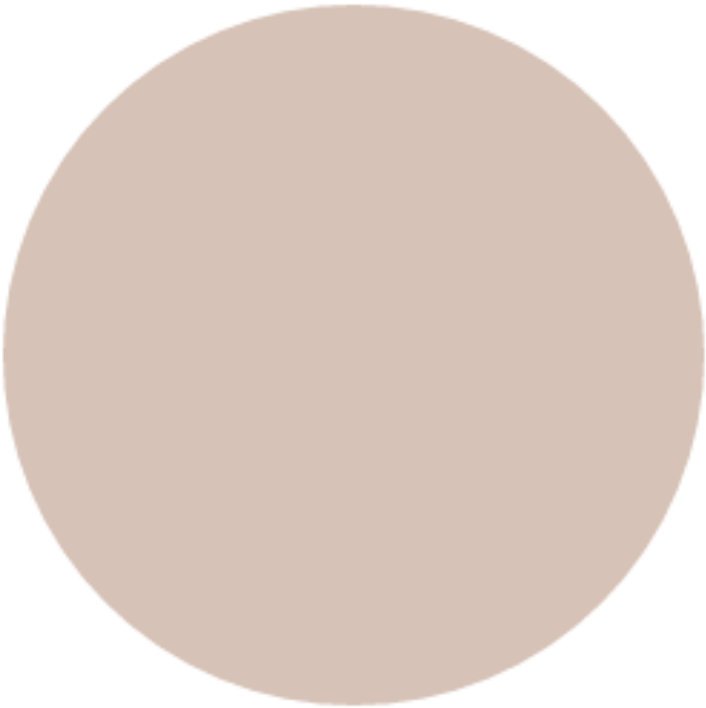
MY LIFE & CAREER VALUES & PRIORITIES

For better work-life balance



MY LIFE & CAREER VALUES & PRIORITIES

FOR A BETTER WORK-LIFE BALANCE

We're surrounded by advice on how to improve our work-life balance. So why do we find it hard to do in practice? I think one of the key reasons is a lack of clarity around what work-life balance means to us. Everyone has an opinion on what work-life balance means. Yet many of have only a vague idea of how work-life balance would look in our own lives. How will we know when we're in balance? Who is judging our 'balanced life' anyway? We battle on, turning our search for balance into a lifelong project; or we feel guilty we're not getting the balance right. I think what we need to understand is that work-life balance is both personal and dynamic. It's based on our priorities and likely to change as we go through life. We don't need a magic formula that fixes everything. We need to connect with our deeper intuitive wisdom and create a vision of our ideal balance. It's only then we'll be able to make it a reality.

So how do we go about creating a vision of our ideal balance? A good place to start is by getting crystal clear about your values and priorities in life. Do you know what you need or want to focus on each day or week? Armed with this knowledge it will be

much easier to effectively allocate your time and resources. Ideally you would be spending at least 75% of your time each week on areas you value. If you have a higher percentage, even better.

These are some of my top values and priorities:

- Helping others
- Quality time with children/ family
- Being healthy and physically active
- Flexibility
- Time freedom
- Personal development
- Continual learning, pursuit of knowledge
- Feeling of accomplishment/ achievement
- Change & variety

What are yours?

If you're not sure what matters most to you, you can learn more about where you stand by completing this exercise.

To do:

1. Review the list of life and career values or priorities below and check all that are important to you at this point in your life. Don't worry about what each value means – it is only important that you define these in your own terms.

2. Add any other values that are important to you but are not listed below.

3. Go back through your list and circle your TOP values or priorities. Then answer the questions on the next page.

Advancement and promotion	Leadership
Adventure	Learning opportunities and after school activities for children
Ambition	Life balance
Attractiveness/appearance	Location
Being available for children after school	Mental challenge/stimulation
Being healthy and physically active	Mindfulness
Being part of a community	Nature
Change and variety	Order/structure
Clean, organized house	Passion
Continual learning, pursuit of knowledge	Peace and tranquility/ serenity
Contribute to family earnings	Personal development
Control	Philanthropy, charity
Creative expression	Power and authority
Culture	Public service, politics
Dedication	Pursuit of a hobby
Easygoing	Quality time with children
Education	Quality time with family
Efficiency	Quality time with spouse/ partner
Environmental awareness	Recognition, status
Excellence	Security
Expertise	Self-respect
Fame	Simplicity
Fast-paced/ fast living	Stability
Feeling of accomplishment/ achievement	Spirituality/ religion
Flexibility	Thoughtful of others, supportive
Friendships	Time for self
Give back to society and world	Time freedom (at work or home)
Healthy cooking and eating	Travel
Helping others	Wealth and high earnings
Independence	Work with others (work/ projects)

Individuality	….
Integrity	….
Interesting projects/ stimulating work	….
Justice, equality	….

1. List your TOP TEN values/priorities (if you have more than 10, list your MOST important values here – then write the remaining ones below for question #2):

1._____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

2. Do you have any additional important values beyond your TOP TEN? Record them here.

_____

_____

3. How do you define each of your most important values? What do they mean to you?

4. If you were forced to compromise any of your above values, which would you choose to give up or put on hold?

5. Could any of your values/priorities potentially be in conflict with each other?

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Work Happy Mums is the go-to resource for return-to-work professional women and career advancers. We help women get clarity on what they really want from their career after having children, enhance their skills, rebuild their professional confidence, and successfully navigate career and family to be the best they can be at work and at home.

Visit Work Happy Mums to find out more about us, and get in touch today to schedule your complimentary Career Assessment to see how we can support you on your back-to-work journey and beyond. We're with you every step of the way!

Best wishes,
Melanie Fieseler

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