

Work - Life Balance Cards Sort Reflection

	Professionally (white)	Personally (blue)
	I want or want more of this:	I want or want more of this:
1	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>

Choose one priority to focus on and circle it. What does this specific priority mean to you?

Why is it so important to you right now?

What is preventing you from building this priority into your career/personal life?

How can you tap into your personal strengths to help overcome potential challenges?

Now it's time to set a goal - when thinking about the one priority you've chosen to focus on, what is one specific achievable goal you want to set for yourself?

What is one very small, specific change you can start making to move toward this goal?

When, specifically, will you start incorporating this small change into your life?

What help, support, and/or resources do you need to start making this change?

How will you know or measure that you are making progress toward your goal?

How will you check in with yourself and stay accountable as you work toward it?

Write the name of someone you trust to share your goal with them: _____

Are you ready to make this change? If not, what do you need to get there? What do you do with all of this when you leave today?
