



From Values to Action

Session 2: Balance and Perspective Notes
Wednesday, February 1, 2012

1. What you do for Balance?

- Make breakfast, set up breakfast and do small exercise
- Turn off radio in the car, no phone calls during driving
- If I don't create a balance, will have nothing to give to work
- Walk through the neighborhood without phone
- Not giving up important relationships for work
- Scheduling priorities
- Discussion with mentor
- Music always on and good balance at work
- Practice/planning of lectures
- Before going to sleep...reflect! What to let go and what to hold onto!
- Journal; write down thoughts from day. Meditation - 10 minutes
- Knit, yoga and self-reflection
- Exercise
- I know when I am ready to focus and not ready to focus. I can take from 5 minutes to practices "self-care" to get myself ready to focus. My "quick escape"
- Take time to thank, contemplate, and before taking action. Time to heed and plan before "jumping back in." need to fight like perception that this is "laziness"
- Things I can do to relax/unwind/desires (running, art and baking)
- Slow is smooth – smooth is fast; if you can slow it down, you'll be more efficient
- Deep breath-focus thoughts
- Write down what you need to do next day – allows you to let go
- Physical exercise – clears your mind of clutter

- Hanging out with your kids – in an innocent phase and always in the moment
- Long hot shower. Keep a notebook by your bed to write things down
- Join a book club. Interaction with people gives you a higher self-esteem
- Lists –keeps more central – joy in crossing the off
- Challenge for me – left a position where there was a routine – now feel off balance
- Finding time to take time
- On to do list – time to do nothing
- Value for having a place where things are not tidy – not to force to be so tidy
- Dinner with my husband
- Each person has to find his/her way to take time for one self – for some people it is easier
- Keep a daily journal
- Self-reflect during drive to work
- Debrief on drive home
- Challenge to find time to do this
- Reflection during cooking time
- Try to reflect everyday on my goals
- Read a book everyday
- Difficult to schedule a set time everyday
- Self care – force self to exercise daily, break in late afternoon tea
- Leave work at work, use commute time to transition, decompress at home with radio/TV
- Leave computer at work, let it go until I return to the workplace
- Study and pray in the morning – also use commute from home to wind down, let go , walk the dogs, pet the cat, hug others – good for giver and receiver
- To do lists for work and personal
- One hour of “greedy time” (read and contemplate)
- Play with dog/get some fresh air
- Cooking meals
- Transition from work to home – commute, work out
- Get up early, pray, read and be still

- Early morning calm
- Balance = Continuous activity, continual practice often comes with maturity
- Centered around God
- Exercise, fresh air
- Walk and talk, stress free environment
- Time with family, just being together with no specific purpose necessary

2. October Snowstorm

- No work life balance – wasn't able to work
- More calm because no distraction
- Not thinking about priorities
- Focused on basic survival
- More sense of community
- Good deeds were everywhere
- "Go with the flow" and adjust
- Make the best of situation
- More appreciative of things we take for granted
- "Back to basics," (e.g., play board games)
- "City helping suburbs..." not the other way around
- Opportunity to spend day with children; kids who moved out of house – spent time together; more time to bond
- Commiserate with others at work-take a break (i.e., gym not option)
- Chaos was around me – as my circumstances were fortunate
- Sense of community - people helping each other
- Move from "What I will get done at work" to "What I will do to survive"
- Do what you can to take care of your basic needs
- Mind needs to be kept on task
- Survival instinct kicks in
- Why do we not have a better perspective on what we need versus what we have
- The opportunity to help someone else
- Put some things in order for myself
- Loved having 2 families
- Nice going home to mom – meals cooked

- Created a positive situation out of a challenging situation
- Found strength within – no power for 11 days
- Families found new ways of connecting where they did not take time before
- Life gives you lemons, you make lemonade
- Other than being cold, I liked it – long process of preparing food enjoyable
- Coming to work – no in right frame of mind initially, peace came eventually. Simplicity and peace – put things in perspective. Are we better now than we were before?
- Opportunity to put brakes on
- Communications were not smooth, not in synch
- Enjoyed it, family together
- Sense of community, experiencing something together – friends and family
- Way unbalanced at first, then sense of community kicked in, found alternate ways to deal, and get/give help to each other
- Loved it – neighborhood bonded together
- Got a lot of sleep
- Few distractions
- Reminded me of my childhood
- People were nice to each other
- 2 other families moved in – kind of hectic but fun
- Went back to the basics, did what needed to be done
- Lesson is not to become dependent on outside influences
- Make every occasion a special one
- Make the most of a difficult situation
- Determine what is important at that moment

3. Vision for life and work

- Multi-vision, not one vision
- Have not committed enough to vision
- Like being helpful to others
- Life has so many different parts and is always changing – okay to have many visions

- Major life events force us to reflect – death, snowstorms, and man-made disasters
- Achieve objectives
- Driven joy led to make world better. If we develop great leaders and help people realize full potential...better world
- Experience the world how...great experiences to pass on to future family
- Work with people who have shared vision; help people achieve their vision
- Balance is easier with more experience...and with more experience it is easier to understand you've reached a place of happiness
- Balance is not daily-but it always comes back
- Younger – are past to the next and older – those pasts don't matter is much as you thought you did
- People around you can provide the balance for you (i.e. spontaneous boyfriend vs. work/future focused girlfriend)
- Content and time versus money
- Satisfied
- Do something for work that matters; makes a difference somewhere
- Keep bigger perspective on what you're doing versus your legacy
- Find your difference maker each day or week
- Left a position – reflecting a leap of faith – risk to make that decision but it was right
- Call to do more as she moved into daily life after a 3rd world mission trip
- Mission in life is not what is told to you but you to be discover
- Dependent on where you are in your life; different perspective
- Priorities change as you get older
- Willing to learn new things, to accept new things
- Continuously learning, not to make decisions quickly
- Do what you like, has to be right for you
- Accept opportunities
- Volunteer, give back, and receive because of it
- Get healthy – physical and emotional (i.e., exercise, give back, connect with others)

- Unemployed a long time, but active in the community, find work that aligns with my community work, passionate about people and social systems
- Retired from state, wanted to give more time to nonprofit. Trying to redeem time – want to act in accordance with values
- Trying to reach out to people I care about and doing more that is good to me or my community
- Vision to continually change in a positive way
- At each stage of life take time to reassess for balance
- Vision and balance is individual and unique and does not have to conform to world's operations
- Available for family
- Listen to small voice and do what's right
- If you don't survive today, tomorrow doesn't matter