

DROP THE JUGGLING ACT

Achieve Life Balance by Living Your



A SELF-DEVELOPMENT GUIDE

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OBJECTIVES

In order to reap maximum benefit from this program, it is assumed you will:

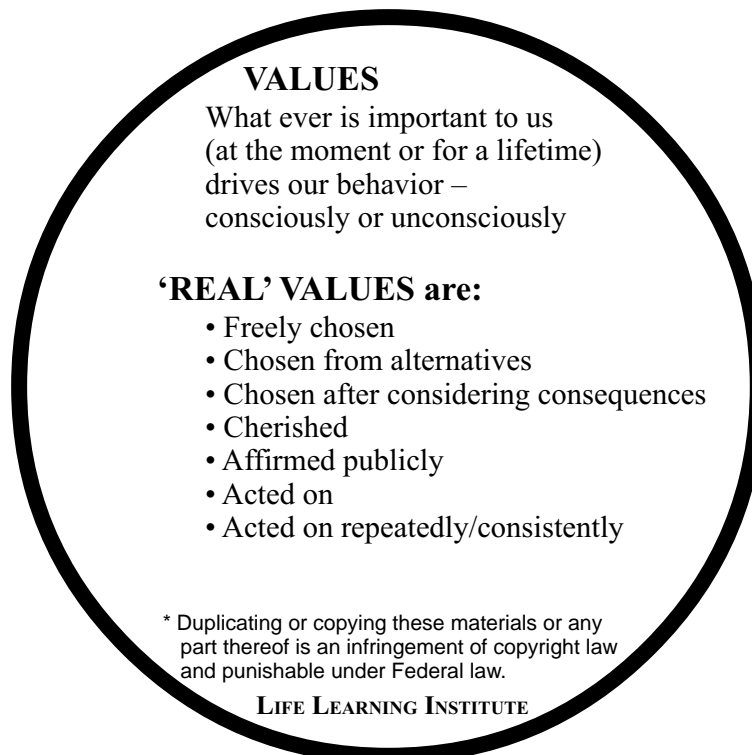
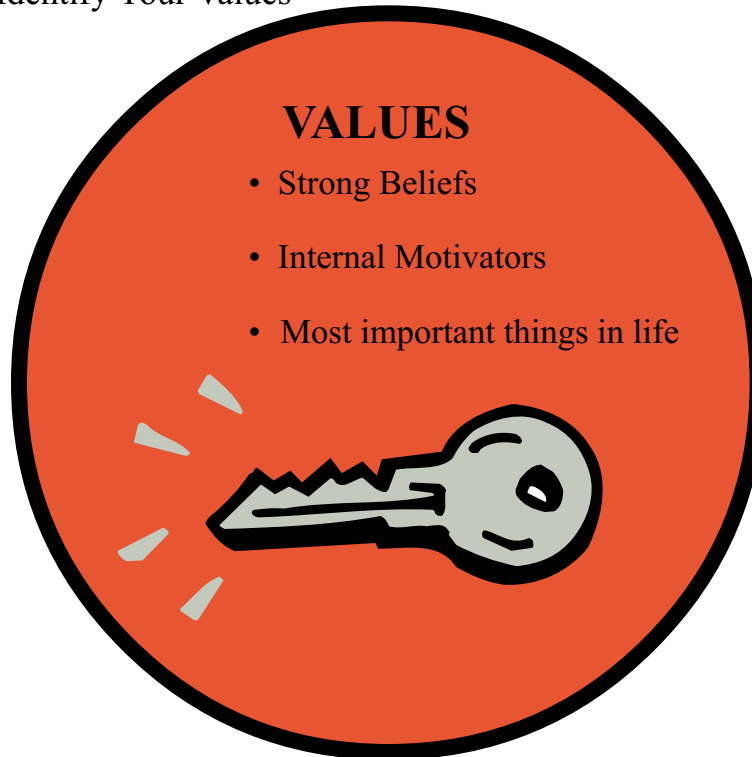
1. approach this developmental experience with a commitment to be open and honest with yourself, and
2. have a willingness to explore a variety of ways to achieve your dreams and goals.

Applying these assumptions as you work through the processes, you will be better able to:

- **Identify the real values which drive your life choices and behaviors**
- **Weigh the varied sources of pressures and expectations you have**
- **Allocate and manage time in ways that help you achieve multiple goals while maintaining a sense of balance**
- **Identify your sources of motivation and satisfaction**
- **Methodically adjust priorities and activities to keep up with changes in your life**
- **Set goals in all areas of your life - mental, social, spiritual and physical**
- **Plan and accomplish concurrent goals, projects and activities**

**SECTION TWO:
VALUES****In This Section You Will:**

Identify Your Values



On the next page, list quickly about 15 things that are the most important to you right now.

Consider the following:

Don't worry about the definition of "value".

What first comes to mind when you read or hear the phrases:

- What's really important to you?
- What could you absolutely not do without?
- Imagine you were to be in a natural disaster and lost almost everything as you say, "thank goodness I still have _____, _____ etc.

(If you are stuck, there are some examples in Appendix B.)

**SECTION TWO:
VALUES**

LIST UP TO 15 THINGS MOST IMPORTANT TO YOU IN YOUR LIFE NOW

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- 13 _____
- 14 _____
- 15 _____

Circle the 5 most important values.

**SECTION TWO:
VALUES****Values Exercise: Check It Out.****Part One:**

Take a copy of the list on the next page and give it to a friend. Have him/her score what he/she thinks is important to you.

Have him/her put a 10 if they think the value is very important to you; 1 if not important at all. They can use any numbers in between 1 and 10.

Part Two:

You score yourself on this sheet. When you get your friends' copy, compare the results.

If you feel up to it, discuss the differences with your friend.



Take some time to write down what you learned about yourself. Record in your Journal any changes you would like to make regarding your values.

**SECTION TWO:
VALUES**

VALUES	OTHER	YOU
ADVENTURE (new and challenging experiences, risk)		
AFFECTION (love, caring, fondness)		
ANIMALS (caring for animals, support animal causes)		
COMPETITIVENESS (striving to win, being the best)		
COOPERATION (collaboration, teamwork)		
CREATIVITY (being imaginative, inventive, original)		
ECONOMIC SECURITY (steady, adequate income)		
FAME (renown, distinction)		
FAMILY (close relationships with family members)		
FREEDOM (independence autonomy, liberty)		
FRIENDSHIP (close relationships with others, rapport)		
FUN (environment, good times)		
HEALTH (physical and mental well-being)		
INNER HARMONY (being of peace with yourself and others, tranquility)		
INTEGRITY (honesty, sincerity, standing up for beliefs)		
LOYALTY (commitment, dedication, dependability)		
MENTORING (assisting others, improving society)		
MOVING UP (getting ahead, promotion)		
ORDER (organized, structured, systematic)		
PERSONAL DEVELOPMENT (learning, strengthening, realizing potential)		
POWER (influence, importance, authority)		
RECOGNITION (respect from others, acknowledgment, status)		
RESPONSIBILITY (accountability, reliability)		
SELF-RESPECT (belief in you own abilities, self-esteem)		
SHARING (time, talent, money, experience)		
SPIRITUALITY (faith, strong spiritual and/or religious beliefs)		
WEALTH (abundance, getting rich)		