

MARRIAGE IN MOTION

ACTIVITY SHEET: Bonus Lesson #1

“WORK-LIFE BALANCE”

INSTRUCTIONS

Be sure to **download** this PDF (if you haven't already). Make sure you have a PDF reader on your computer or device (Adobe Reader is the best). The entire course is intended to get you to work. Feel free to pause the videos; take notes; talk about what you're thinking and learning... and do the exercises! And if you have ANY questions about the Activity Sheets, reach out to us at info@forbetter.us.

Does your Marriage/Life match your desires? This activity sheet is designed to help you create intention and vision for your life in order to prioritize your time around that vision. For many, balance in life doesn't feel possible or realistic. With so many competing priorities, it is difficult to turn your attention to “everything” when you ‘feel’ as if your time is limited each day.

We forget that everyone -- *everyone* -- has the same amount of time each day: 24hours. There can't be “limited time” when time remains constant. What changes -- what is variable and contingent -- is our commitments.

People who have balance in life are people who are clear and intentional about their commitments and goals.

The moto, “***Small Things Often***”, also applies to creating work/life balance as well as relationship health.

You **can** make progress each day toward a life that is lived by design... your design. Don't spend another day feeling out of control.

1. VITAL SIGNS.

When you go to the doctor for a routine physical, the doc typically checks on key vital, baseline things: Blood pressure... Cholesterol... Weight. They look for things that may be “off”, rather than trying to jump in and ‘fix’ everything.

In a relationship, it's important to periodically check vital signs in 7 key areas to see what might be “off”, but also to track how close to reality your dreams and goals may be in each area.

For some, you simply need to start by actually listing a dream or goal (something ‘vital’ to you) in each area.

Given your circumstances, what does a great life look like in the following areas? What kind of experiences do you want to chase in each area? What does success look like?

Have a conversation with your partner, and list your goals in a journal; on butcher paper; in a Google doc or Pinterest board; or wherever works best for you.

List one goal in each area that you are chasing, or intend to accomplish:

Personal Growth: _____.
Health & Fitness: _____.
Career (even for stay-home parents): _____.
Finances: _____.
Family & Friends: _____.
Recreation & Fun: _____.
Spiritual Growth: _____.

Answer the following: How balanced is your life in each area? Are you satisfied in each area? Where might you be out-of-balance? **Why** are you out-of-balance? For some, just uncovering the “why” of the issue will help clarify the “how” to achieve balance.

Now, for each area commit to ONE THING you can do in the next 30 days to bring more balance to your life. Remember, *slow and steady wins the race*. Being intentional over time is critical.

2. 168 HOURS A WEEK.

There are 168 hours in the week. Take time to inventory where your time is spent. What would it look like if you put it in a pie chart? Would you be surprised by how much of your life was out of balance? How much of your time is going toward things that take energy from you? How much is giving energy to you?

Once you have an accurate picture of where your time is going, take time to reflect on how these activities are bringing you closer or further away from your life goals.

Enter the estimated time you spend on each of the following activities:

Sleeping: _____ hrs/day x 7 days = _____ hrs/week
Work: _____ hrs/day x X days = _____ hrs/week
Personal: (showers, hair, etc.) _____ hrs/day x 7 days = _____ hrs/week
Eating: (including prep & clean-up) _____ hrs/day x 7 days = _____ hrs/week
Travel Time: _____ hrs/week
Activities: (volunteering, clubs, etc.) _____ hrs/week
Exercise/Sports: _____ hrs/week
Leisure Time: (TV, internet, facebook, etc.) _____ hrs/week
Errands/Housework/Laundry/etc.: _____ hrs/week
Friends/Partner/Kids: _____ hrs/week
Hobbies: _____ hrs/week
Spiritual: _____ hrs/week
Other: _____ hrs/week
Other: _____ hrs/week

Total the number of hours you spend each week doing the activities above.

_____ Total # hrs/week

What is ONE THING can you do this week to give more time to things that bring you energy?

3. "SOLID YELLOW LINES":

The Sousleys talk about "Solid Yellow Lines" as activities or events that take supreme priority in their life and hold a firm boundary just as solid yellow lines on the street remind us that we cannot cross. Perhaps just as important is the sharing of these "solid yellow line" activities with your partner to invite a mutual respect for these priorities in your life.

What events are "solid yellow lines" for you?

What are your partner's "solid yellow lines"?

What are your "solid yellow lines" as a couple?

4. SELF CARE:

Ryan talked about friction as it occurs when your daily life pursuits don't match up with your life goals. This friction can often be experienced as burn out. Have a conversation with your spouse:

How do you know when you are burned out and what can you do to recharge?

What signs can you use to recognize when your partner is burned out and how do they best re-charge?

How can you support one another in the area of self-care?