



Wellbeing

Values and time

Taking Stock

We are discussing the importance of creating and maintaining rhythm this month – getting that flow of give and take, work and renew, finding activities that bring us life rather than just fill time. This is a resource designed to help you take stock of the aspects of your life that are important to you, and to help you keep a steadiness in that rhythm and flow.

Research suggests that there are (on the whole) 9 key aspects of life that we place our values in:

- family,
- friends,
- relationships/love,
- hobbies/leisure,
- physical exercise,
- personal growth,
- me time,
- work, and
- contribution to society.

Take a second to think about your life. Do any of these resonate with you? Do you actively work on any of these areas more than others?

Our uniqueness means that we all place different levels of importance on different things, and our life rhythm means that we expel our efforts into each of those categories differently too. The crux of this resource is all about how we can help you to get that equilibrium right.

Let's take a minute to be honest. Trying to actively feed our energy into all 9 aspects is going to burn us out. It's a bit like spinning plates, we'd be so frantically trying to keep everything going one is going to fall, and then they'd all go off balance and eventually topple, whilst we are left exhausted and unfulfilled.

But what if we only focussed on one or two? Let's say you're really focussed on work or your physical exercise at the moment. Tomorrow, you could pull a muscle or have an over-exertion injury leaving you unable to exercise; you could have a major fall out with your team at work or get some bad feedback on something you've put your heart and soul into. What are you going to fall back onto?

It's likely in these circumstances, you'd feel like you're suffering a loss, losing sense of who you are. Without creating a balanced and stable rhythm, we leave ourselves vulnerable to burnout or loss. The good news is, we can do things to stop that from happening. By actively checking in with ourselves, we can strengthen different areas and put more support systems in place should the unthinkable or unimaginable happen.

By focussing our time across **4-5** of our 9, we are safeguarding ourselves. We are strengthening and enriching ourselves and our internal (and external) support systems.

Have a go at filling in the sheet on the next page or drawing your own version out, taking the time to evaluate where you are and what might help.



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Aspects of my life - developing rhythm and flow

<p>Family Importance /10: My effort /10:</p> <p>What do I enjoy/What could I do? <i>E.g. family days out, games nights, phone calls</i></p>	<p>Friends Importance /10: My effort /10:</p> <p>What do I enjoy/What could I do? <i>E.g. Zoom nights, picnics, phone calls, coffee dates</i></p>	<p>Relationship/Love Importance /10: My effort /10:</p> <p>What do I enjoy/What could I do? <i>E.g. Date night, cook together, put self out there more</i></p>
<p>Hobbies/Leisure Importance /10: My effort /10:</p> <p>What do I enjoy/What could I do? <i>E.g. painting, cooking, join a sports team or club, listening to or playing music</i></p>	<p>Physical Exercise Importance /10: My effort /10:</p> <p>What do I enjoy/What could I do? <i>E.g. Couch to 5K, gym, home work-outs, balance diet</i></p>	<p>Personal Growth Importance /10: My effort /10:</p> <p>What do I enjoy/What could I do? <i>E.g. learn something new, further your skills</i></p>
<p>Me Time Importance /10: My effort /10:</p> <p>What do I enjoy/What could I do? <i>E.g. take a bath, read a book, find some time alone, meditate, pray</i></p>	<p>Work Importance /10: My effort /10:</p> <p>What do I enjoy/What could I do? <i>E.g. learn new skills for work, contribute more to meetings, set clear boundaries for work/life balance</i></p>	<p>Contribution to Society Importance /10: My effort /10:</p> <p>What do I enjoy/What could I do? <i>E.g. volunteer your time, donate money to charity, pay someone a compliment</i></p>