



THE USAFE-AFAFRICA (U-A)

# BALANCED WARRIOR



## GOAL

Airmen who practice balance as an ongoing target for personal wellbeing

## FACILITATOR'S NOTES

### HOW TO PREPARE

1. Use this video to help you prepare:

"The Work Life Balance Myth"

<https://www.youtube.com/watch?v=wNI6ACXtEqQ>

- Col (Ret) Malachowski discusses her "4 dials" for finding balance personally. What are your "dials" that you have to adjust to find balance? How do you communicate this to people around you?

2. Check out this article on the challenge of balance and finding white space from Air Force Mag.:

<https://www.airforcemag.com/article/chief-wrights-challenge/>

"The most important goal in an airman's—or anyone's—life is "finding the balance"

3. The monthly Check 6 tool is designed to give you ideas to help frame an authentic discussion on topics that build resilience and reduce risk. The most important quality you bring is your personal thoughts and experience. Make it your own!

### THE EXTRA MILE

#### ADDITIONAL RESOURCES

1. Check out this book from the CMSAF Reading List—The One Thing by Gary Keller



Read more about why this book made CMSAF Wright's list and download a reading guide at: <https://static.dma.mil/usaf/csafreadinglist/cmsaf.html>

## MISSION PLAN

### HOW TO EXECUTE

#### FRAMING THE CONVERSATION

No matter how many hats you wear, responsibilities you have, or people you are responsible for—balance is an issue for all of us. There are so many things in life that pull us and stretch us to our limit—work, family, self-care, volunteering, education, leisure...just to name a few. Some may even struggle to find balance in simple things like eating healthy vs indulging at that bakery down the street. Looking for the right balance in life is critical to our own wellbeing, but let's face it—IT'S TOUGH!

As you are striving toward balance in your life, remember it's not a final goal that is achieved, it is a process that you have to work at and maintain. Find a battle buddy or loved one to help you stay the course—it's easier to maintain balance with someone supporting you. Even when you find balance, be prepared, you will likely lose it and have to find it again. So, rather than trying to achieve balance, commit to balance as an ongoing lifetime project.

#### SUGGESTED DISCUSSION POINTS:

1. Discuss with your teammates the different areas of your life that you are currently balancing or struggling to balance.
2. Describe a goal that, if you focused on it today, would improve your life balance.
3. When you are successfully maintaining balance, share how it helps you in your personal and work life.
4. Discuss some ways that you can support others at work or at home that are practicing balance in their life.

<https://www.psychologytoday.com/us/blog/the-couch/201409/5-ways-find-balance-in-your-life>

## MISSION CHALLENGE

### HOW TO APPLY THE LESSON

As a team, try this activity for assessing and improving your work/life balance —see page 2 of this Check 6—

Talk to your teammates about the areas you want to work on and ways that you think you might be able to improve your balance.

Consider if there are resources on base that you can access to help you improve the areas you need to work on. If you aren't sure, ask a teammate. Do you have an area that you want to work on that is someone else's strength? Consider asking him/her for advice or support.

USAFE-AFAFRICA



CORE VALUES ● PROFESSIONALISM ● WARRIOR ETHOS



# Balanced Warrior - Mission Challenge

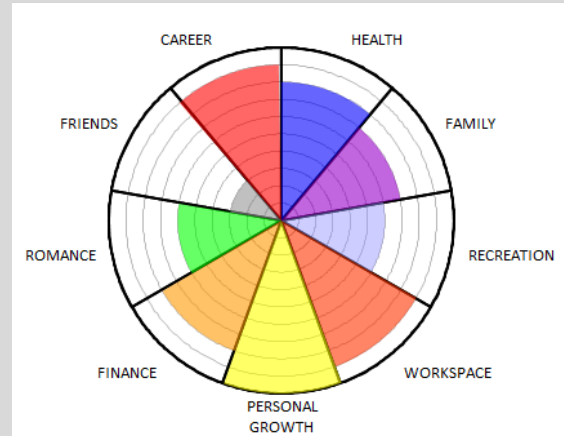
## Improving Your Work-Life Balance

By: Monica Parker

Who do you know who doesn't have a jam-packed schedule these days? Between work, errands, and family, you may feel as if you're missing out on the rest of your life. It's easy to assume that you need to make a major overhaul, when, in fact, some minor shifts can make a major difference in the quality of your life.

Here's a fun exercise from lawyer career coach, Monica Parker, for assessing and improving your work/life balance that she learned while training at The Coaches Training Institute. *Please note:* you'll need a friend or teammate to do the exercise with you, so you can coach each other through the process.

- Create a Wheel of Life.** Draw a large circle on a page. Divide the circle into 8 triangular wedges (like slicing a pizza). Each wedge represents a different area of your life. 8 sample areas are: money, career, physical environment (your home and/or office), personal growth, friends & family, significant other, health, fun & creativity. Of course, you can create your own categories if you prefer. See the sample Wheel of Life illustration for guidance.
- Rank your level of satisfaction in each area.** With the center of the circle being "0" and the outer edge as "10," rank your level of satisfaction with each life area by drawing a line to create a new outer edge. "0" is complete dissatisfaction and "10" is complete satisfaction. After drawing a new outer edge for each life area, color in the area between the new outer edge and the center of the circle. This will visually demonstrate your level of satisfaction with each life area. See the illustration above for an example of a complete wheel. Remember, the new outer edge you create can (and often will) be different for each life area. The new perimeter represents your life right now.
- Take a look at your new wheel.** I'm betting it looks a little bumpy. :) That's natural. The purpose of the exercise isn't to create a smooth ride, *i.e.*, all "10's." The purpose is simply to note which areas of your life need some attention. When we're out of balance, it's easy to overgeneralize and say that that *everything* is out of whack. The Wheel of Life is a simple tool that quickly points you to the areas that need work . . .
- Get coached. Have a friend/colleague ask you the following questions:
  - What area do you want to work on?
  - What is the best possible outcome?
  - What is important about this to you?
  - What qualities do you need to bring out of yourself in order to accomplish this?
  - What is the first step?
- In addition to asking each other "What will you do," you and your friend/colleague need to ask each other, "By when will you do it?" and "How will I know?" It's all about accountability.
- Check your progress sporadically.** You can come back to the Wheel of Life anytime and reassess.



[https://www.jdblissblog.com/2006/11/a\\_fun\\_way\\_to\\_im.html](https://www.jdblissblog.com/2006/11/a_fun_way_to_im.html)

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GRIT