

**Balance: Challenge of the
New Millennium**

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Blending Work & Family

Standards & Expectations

Living A Quality Life

Prioritize Your Values

Blending Work & Family

Delegate & Free Up Your Time

Delegating Tips

- ✓ **Be Specific and clear in communicating your expectations.**
- ✓ **Have the other person verify what you said.**
- ✓ **Demonstrate how to do the task.**
- ✓ **Be patient—encourage instead of criticizing.**
- ✓ **Resist redoing the job or over-correcting.**
- ✓ **Set high standards, but be aware of perfectionism.**
- ✓ **Kids are not adults—give them time to learn.**

Have Family Council Meetings

Council Tips

- ✓ **Set the same time aside each week.**
- ✓ **Length of time depends on children's ages.**
- ✓ **Select a chairperson**
- ✓ **Create good energy**
- ✓ **Sharing the chores**
- ✓ **Items not completed from last week – consequences**
- ✓ **Listen to differences – take a vote**
- ✓ **Avoid dragging out the negatives**

Standards & Expectations

Let go of the attitude that, “I’m the only one that can do it right.”

Lighten Up! Everything doesn’t have to be perfect.

Get Real: Give yourself & everyone else a break!

Use stress management techniques.

Living A Quality Life

The Wellness Wheel

- ✓ **Physical Wellness**
- ✓ **Spiritual Wellness**
- ✓ **Education/Career Wellness**
- ✓ **Emotional Wellness**
- ✓ **Family/Social Wellness**
- ✓ **Financial Wellness**

Set 3 Goals in each Wellness Area

Goals must be measurable & obtainable!

Prioritize Your Values

Decide what you value & write it down.

Set healthy boundaries.

Get rid of the guilt.

Relationships matter the most!