



PROJECT 2021-1-BG01-KA122-ADU-000030579

LIFE SKILLS - BALANCE BETWEEN PARENTING AND CAREER, ERASMUS +



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COURSE AND TRAINING

Use your professional strengths *(day 4)*

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Draw a four-leaf clover

In the first sheet write 4 of your
strengths as a parent

In the third sheet write 4 of your
strengths as a colleague



In the second sheet write 4 of
your strengths as a worker /
employee

In the fourth sheet write 4 of your
strengths as a leader

If you have difficulties, think about what you most often receive compliments about and what your friends, acquaintances, family, colleagues and employers would say to describe your strengths. Share your clover to the group and tell about your strengths 😊



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Have a vision for what you want your working-parent life to be

- Imagine what you want your life to be in 5 years. What about in 10 or 20? How do you imagine yourself, what do you want to achieve, to experience, to leave behind? Let's do an exercise that will help you look at your life from different perspectives in each life area you invest your time, energy and resources.
- The exercise is called Wheel of Life. It is a simple tool, but it can provide insight into how you are living and how that differs from the way that you want to live.
- It is a circular chart that is unique to each individual. When you use it, it can help you balance all of the important aspects of your life and ensure that you are focusing on the right things.





Have a vision for what you want your working-parent life to be

Wheel of Life Definition - A natural place to start with the wheel of life is defining what it actually is and why people use it. The Wheel of Life is a circular diagram made up of 7 key areas of your life. To use it, you rate each area on a scale from 1-10. This gives you a visual representation of where you are fulfilled and focused and where you need to spend more energy.

The wheel of life originated in the 1960's as a business and life coaching tool, but has evolved as more people have used it and applied it. It's still a favorite of business coaches and has been popularized by Zig Ziglar, Tony Robbins, Paul J. Meyer and others. While it's a favorite tool for career and business coaching, many other people have adopted it to help find balance in life.





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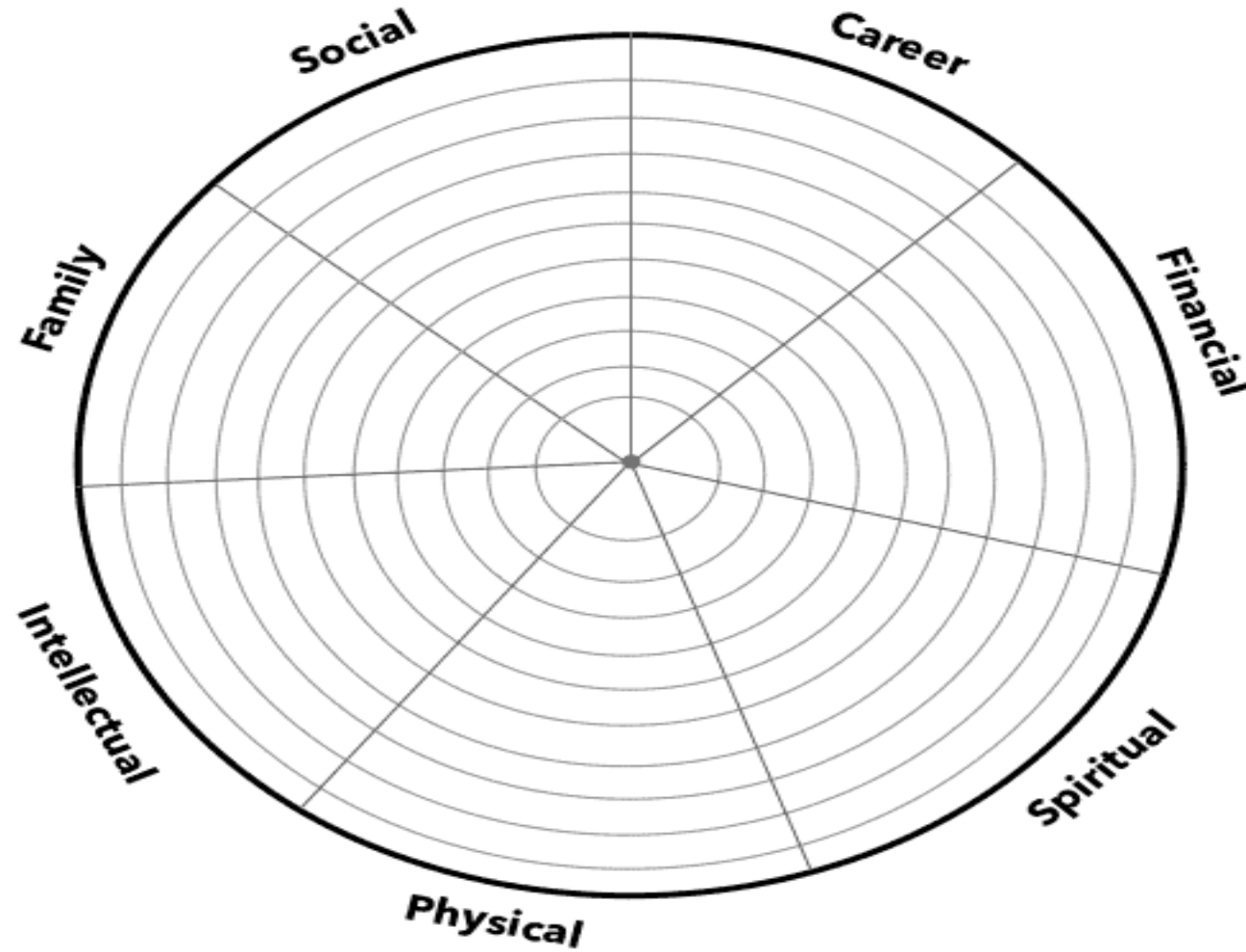
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Purpose and Application

This tool is used by everyone from religious leaders to psychologists to business coaches and life coaches. It's great as a coaching tool as it doesn't take much time, but will give a sense of how one's life is going. The purpose is to give an objective score to how your life areas are going so that you can track it over time. By seeing where you are succeeding and where you are not, you can start to develop a personal growth plan to improve all areas. Wheel of Life Categories – as it is circular, the categories in the wheel of life are in no specific order. You want to have balance between each of these areas. The categories that make up the wheel of life are: Career, Financial, Spiritual, Physical, Intellectual, Family, Social. The categories can be specified by you, so that they correspond to your priorities, to the things you want or value (for example, if a person doesn't want to start a family, it is not necessary to put it in the circle).

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Fill in the wheel of life diagram

The wheel of life has rings that grow from small in the center to large at the outside. 1 would be the very center of the circle and 10 would be the very edge. You will draw a dot for each of the 7 areas that represents the score you gave it. From there, you will draw straight lines to connect each of the dots to the category next to it. This will give you a shape that shows where you are strong and where you need to improve.

Rate each area on a scale of 1-10

For this part, you can simply write a number on a piece of paper or in the margin next to the wheel diagram. Think carefully about how each of these areas are today. Make sure you aren't writing down what you aspire to be, or what you think you should be. This is an assessment of where you are right this moment.

Use the wheel to assess where you currently stand

It's amazing how this one visual can immediately show you the current balance of each area of your life. As you see which areas dip closer to the center of the circle and which ones fall near the outside, it will illuminate where you are today. From this visual, you can start to determine what you want to continue, eliminate, improve, learn, or achieve.

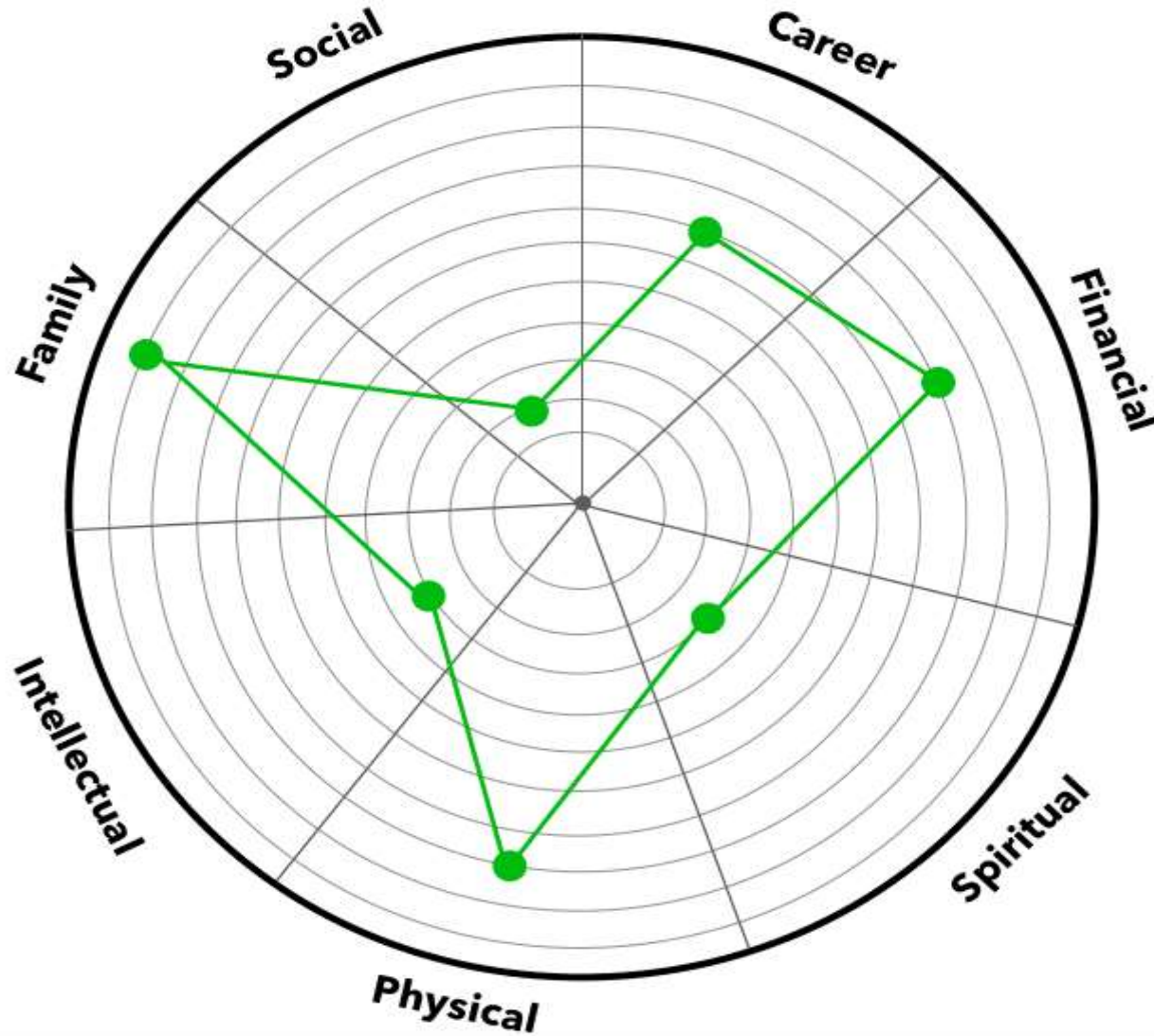


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Set your goals and build a plan

Once you have a concrete and objective view of the wheel of life, you can start taking action. The next step is to build your own personal development plan and set your goals for each area. I recommend setting goals specific to each of the categories of the wheel so you can keep them focused.

To make these goals as effective as possible, they should be SMART goals, or as close as you can get to that. This means that they should be specific, measurable, achievable, realistic and timely. By setting goals that you can definitively say that you achieved or missed, you will be able to track progress and show improvement.

Revisit the Wheel of Life often

While the Wheel of Life can be insightful the first time you use it, the real value comes from making it a practice. Check back on yourself regularly over time and give new scores. You can save and compare your wheels to see what is changing in your life as you implement your plans.





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Different Applications of the Wheel of Life

The beauty of the wheel of life is that although it is a time-tested framework, you can always tweak it and make your own rules. It can be just as powerful if you apply it in different ways. You know best what will make you feel satisfied and balanced in life, so don't feel like you have to follow all the rules exactly. Here are a couple different ways that you can use it:

Create your own categories

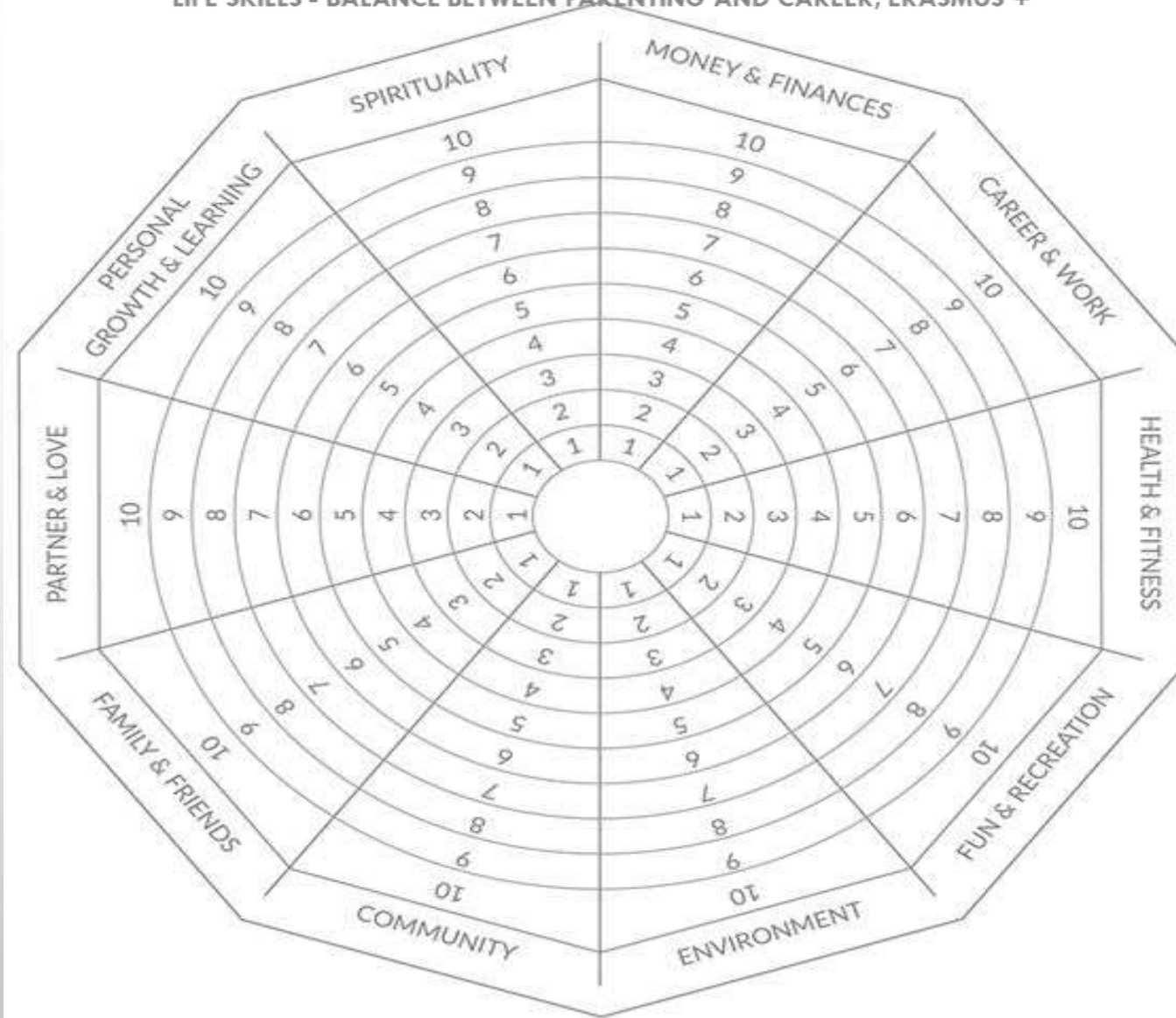
When using the wheel of life as a coaching tool for yourself or others, all of the traditional areas may not directly apply. You might have something in your life that is more important than one or two of the standard categories. Feel free to replace a category or two, or write your own seven categories entirely. Start with a blank wheel and write in the categories, then go through the same exercise with the tool.

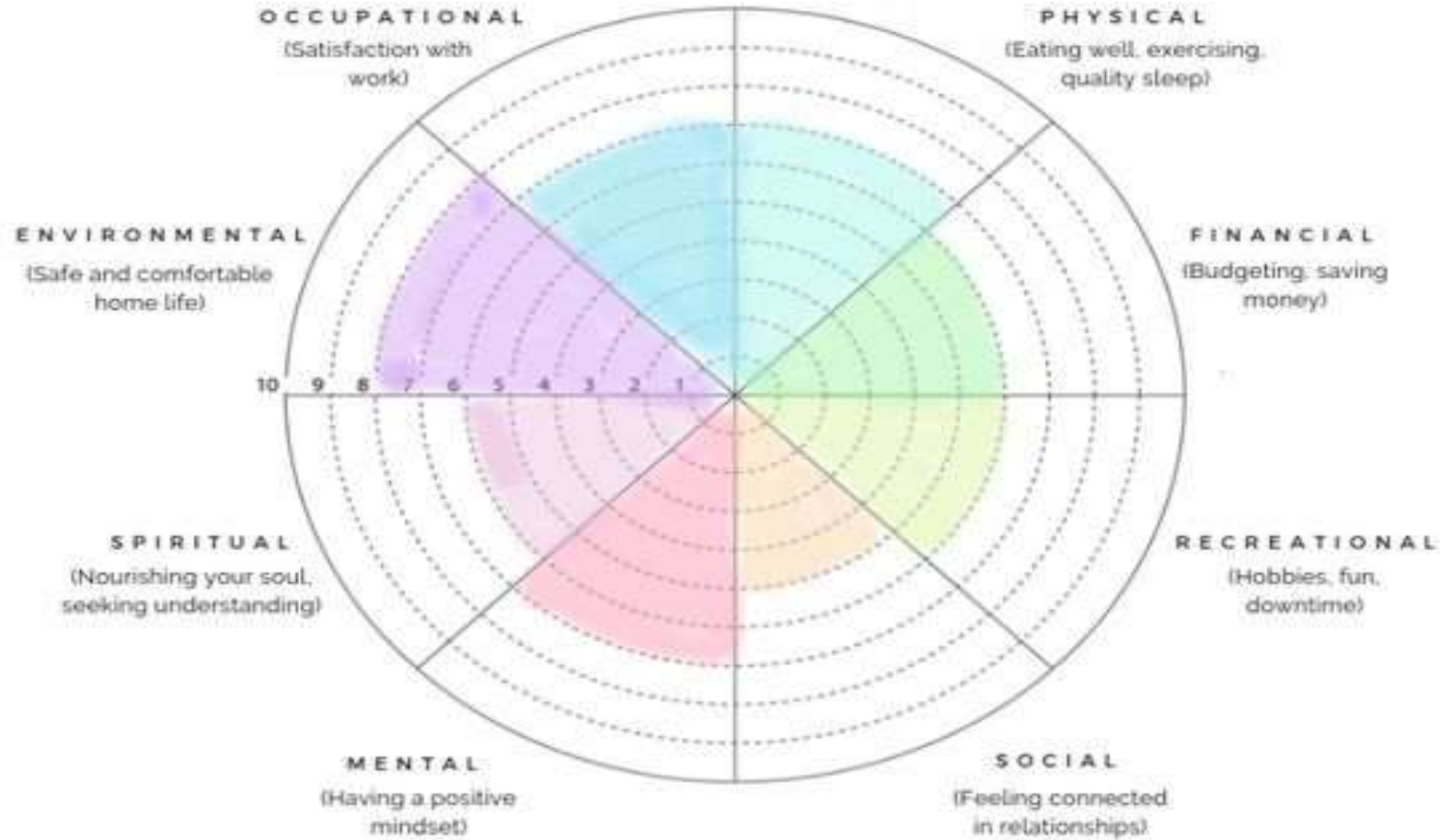


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SELF-CARE WHEEL







BENEFITS OF WHEELS OF LIFE

The point of the wheel is to take the time to focus on areas of your life and determine how to achieve more balance. It's not often that we take the time we need to evaluate how we're doing objectively. When done properly, the benefits of the life wheel include:

- Better self-awareness
- Improved goal setting
- Ability to balance all the areas of your life
- A framework for self coaching that is cheaper than a paid coach or therapist
- Elimination of the things that throw off your balance
- A view of how you are growing over time
- **Get Started** Figure out the areas where you need more balance. Set goals for each category. Tweak it to reflect what is important to you. Get coaching or help in areas that need more improvement. It shouldn't take a lot of time to start seeing the benefits of this tool. Here is a short video on the topic: <https://www.youtube.com/watch?v=nx6ejldUHUw>





coffee break



Think long term

Now think again about your life, about each of the categories and dream boldly! Where would you like to be in 10 or 20 years? What would you like to achieve for each category - write. The exercise can be done only by identifying keywords, and you can also make a video while talking - a person does not apply as many brakes when speaking as when writing ...

Let this dream be a guiding light for you, let it guide you and give meaning to the small steps you take every day to achieve it. And remember - even if you fail to reach it - you will be much closer to the goal than if you have no goal!

Think long term

And now think about what you need to do to get closer to the goal in a year? What are the concrete steps that are realistic to achieve in a period of one year? Describe them for each category!

Once you are ready with this exercise, think about what you need to do in 3 months to achieve your goals? Divide the quarter into monthly and weekly goals. Let each goal be measurable - for example "I will train three times a week" or "I will spend every second weekend with my family" or "I will double my sales"



Have a Plan B and don't wait for a crisis to use it.



If Plan A doesn't work, don't give up!
There are 29 more letters of the alphabet...

*Positive thinking offers
more opportunities for
brainstorming*



*Who do you prefer to
work with - an optimist
or a pessimist?*



Dream
Big!



Stay focused on your guiding star!



DISCUSSION TIME

LIFE AND OTHER DISASTERS

*What can you do in advance to help yourself or
prevent your worst assumptions?*

**NOT UNDER MY
CONTROL.**

George Shaheen

QUOTEHD.COM

*No matter how much we
think, prepare and
anticipate, there are
things that are not
under our control
(weather, pandemics,
wars...)*

**IF EVERYTHING
SEEMS UNDER CONTROL
YOU'RE JUST NOT GOING
FAST
ENOUGH**

-Mario Andretti



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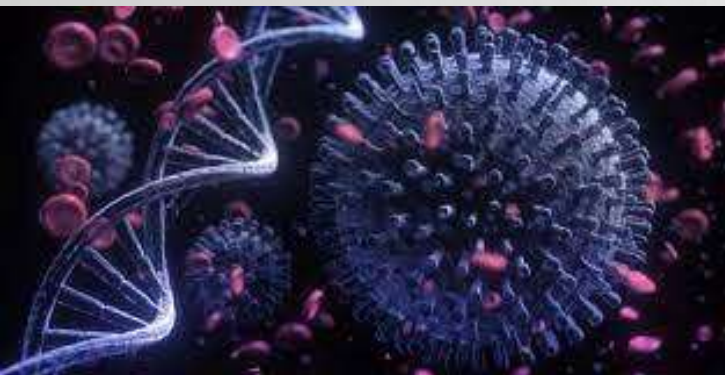
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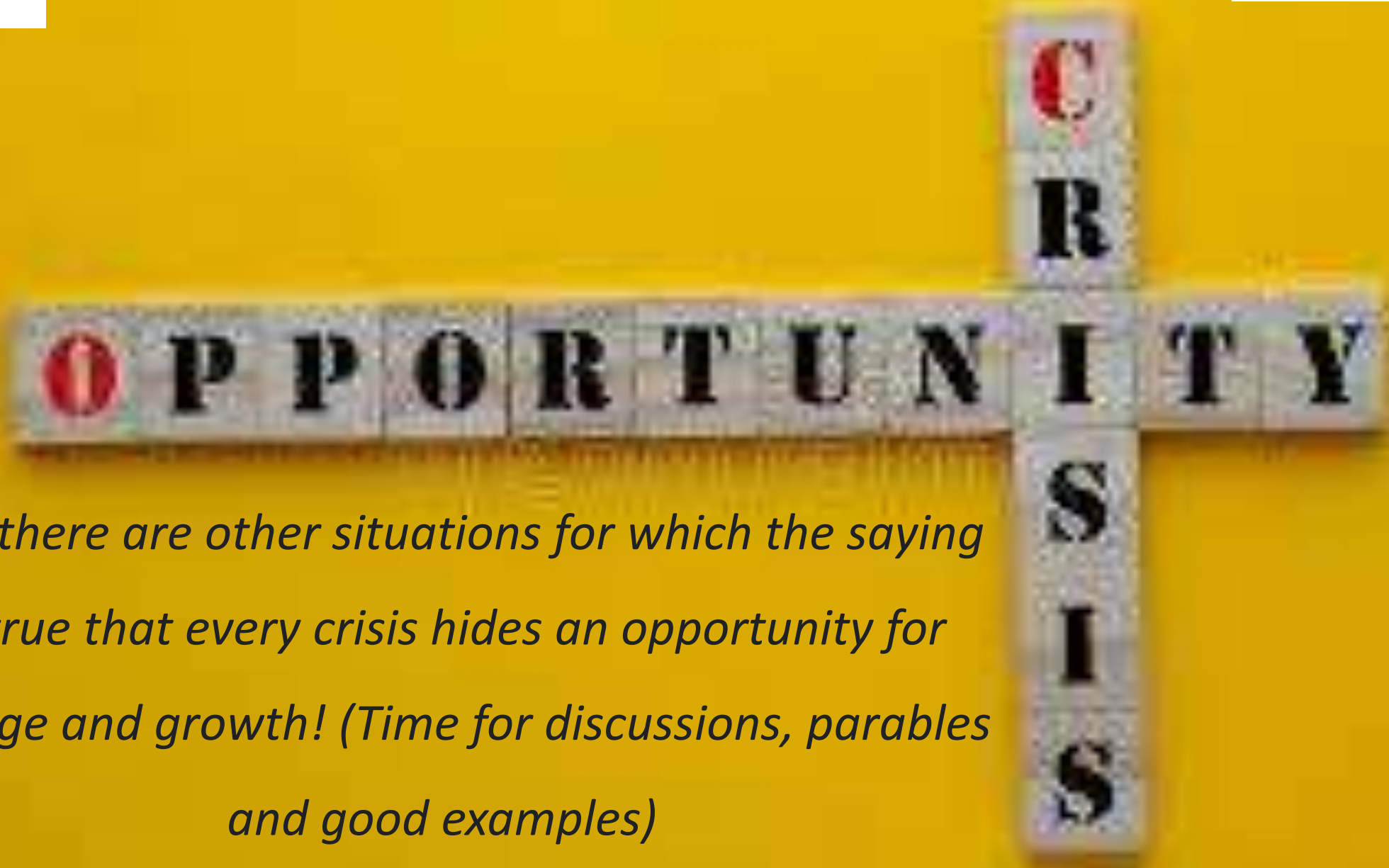


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Recent years have shown us that there are situations in which we do not have a useful move and the best thing we can do for ourselves and our loved ones is just to preserve ourselves - to remain calm and wait for the "storm to pass"





*And there are other situations for which the saying
is true that every crisis hides an opportunity for
change and growth! (Time for discussions, parables
and good examples)*



PARABLE - WE WILL SEE



A farmer once lived in central China. He was rich instead a tractor had an old horse with which to plow its fields. One day, while the farmer was working in the field, the horse fell and died. Everyone in the village felt sorry for the farmer: "Oh, what a pity!" However, he only replied:- We will see! He was so calm that everyone in the village gathered in honor of his dignity and gave him a horse. Now the general reaction was, "But lucky!" But the farmer said again,-We will see! A few days later, the horse jumped the fence and ran away. All the villagers shook their heads, "Poor man!" And the farmer smiled.-We will see! The horse returned a few days later, and everyone said, "Good luck!" Except the peasant, who again replied softly, "We'll see." A few months later, the farmer's son fell off the horse and broke his leg. "Poor boy, how unfortunate," he said. And the farmer just said:- We will see! After 2 days, soldiers came to the village to take the young men as soldiers. They saw that the farmer's son had a broken leg, and they left him at home. "The Hidden Gift - Jeries Awad



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*Questions, comments and sharing
ideas*

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Thank you for your attention!

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