



# YOUR 10 STEP SOLUTION TO BETTER LIFE BALANCE

BY SLOW LIVING SOLUTIONS





# Your 10 Step Solution to Better Life Balance

## 1) Identify your stress factors.

*Stress is normal and we all experience it. But it's important that we know what causes our stress (even if it's our own rumination) so we can manage it when we are triggered. (Page 6)*

## 2) Identify your strategies for managing your stress

*Set time aside, maybe it's 15 minutes in the morning and afternoon of your workday to implement a healthy strategy of calming your nervous system from the stress you are experiencing. (Page 7)*

## 3) Define your core values.

*Determine what your top 3-5 personal operating principles are. What do you believe are the defining characteristics of a good person? (Page 8)*

## 4) Map your personal identity.

*Make 3 overlapping circles on a page. Write your core values, your interests, and your strengths in each respective circle. We'll call this your wheelhouse. Where and how do these overlap? How do you apply them to your life? (Page 9)*

## 5) What exists in your life outside of your wheelhouse?

*Write outside the circles what you are doing that does NOT fit into one or more of these 3 initial categories. Are they Essential? Non-essential?*



## 6) What would it take to eliminate the non-essentials?

*Here are some ideas. Circle yours or write one of your own:*

- *Hire a coach*
- *Build yourself a trusted support group - friends that will support you and hold you to task.*
- *Ask for help to delegate non-essentials outside of your wheelhouse.*
- *Go back to basics: practice your stress management strategies so you are prepared to use them when making a change.*

## 7) What change would you most benefit from right now?

*Name the change itself that you want to make.*

## 8) Determine your competing priorities.

*What is stopping you from making your positive change? Name that thing. Is it fear? Is it comfort? Is it time being spent elsewhere? Get honest with yourself and be specific. (Page 10)*

## 9) What are you willing to do to overcome this obstacle?

*There's ZERO bypassing the discomfort of making change, but we can drastically benefit from empowering ourselves with control over it, rather than letting change or life just happen to us. Name/List what is within your power to do something about. (Page 11)*

## 10) Take one step forward.

*Name 1 step you can take to build your confidence in your ability to achieve your change. What is the lowest hanging fruit? **Execute this. Repeat.** (Page 12)*



## 10 Step Solution: Resources

**NAME YOUR STRESS FACTORS -  
WHAT CAUSES YOU STRESS?**

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2

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3

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## 10 Step Solution: Resources

### WHAT ARE STRESS MANAGEMENT STRATEGIES?

- Take a walk
- Laugh
- Positive social interactions
- Meditation / Breathing
- Exercise (of any kind)
- Creative Expression  
(write/draw/dance/sing/play music)
- Have a good cry
- Affection (not just romantic)
- Spending time with your pet(s)

### WHAT ARE STRESS COPING MECHANISMS?

- Compulsive/Self-Destructive habits (e.g. hair twirling, nail biting, jaw clenching, teeth grinding, etc.)
- Adrenaline highs
- Social scrolling
- Watching TV
- Eating
- Pharmaceuticals/Medications
- Smoking
- Drinking





## 10 Step Solution: Resources

### WRITE YOUR CORE VALUES

Value #1:

is important to me  
because it  
demonstrates...

I demonstrate this value  
when I....

Value #2:

is important to me  
because it  
demonstrates...

I demonstrate this value  
when I....

Value #3:

is important to me  
because it  
demonstrates...

I demonstrate this value  
when I....

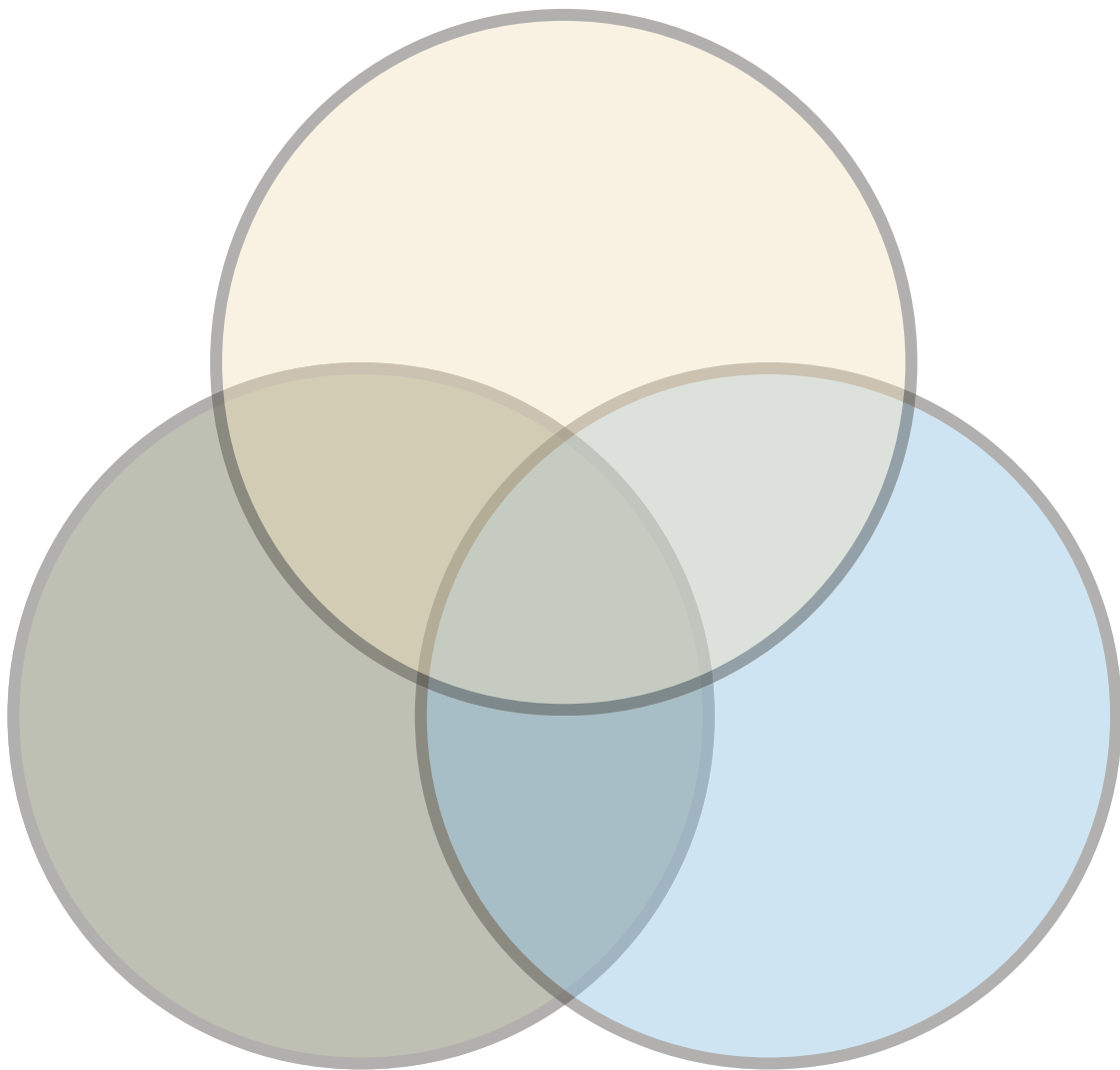
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## 10 Step Solution: Resources

### PERSONAL IDENTITY MAP



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## 10 Step Solution: Resources

### COMPETING PRIORITIES

EXAMPLE	Visible Commitments (Improvement Goals)	Doing/Not doing instead (Behaviors that work against those goals)	Hidden Competing Commitments
	I am committed to losing weight	<ul style="list-style-type: none"><li>• I eat too much</li><li>• I eat when I'm not hungry</li><li>• I don't track my macros or calories</li><li>• I don't curve or abstain from high calorie beverages</li><li>• I eat out a lot</li></ul>	<ul style="list-style-type: none"><li>• I am committed to distracting myself from uncomfortable emotions and/or self-limiting beliefs</li><li>• I am committed to choosing meals out of convenience rather than planning/prepping meals in advance</li><li>• I am committed to feeling accepted at social engagements</li></ul>
	I am committed to...		

Immunity to Change: How to Overcome It and Unlock Potential in Yourself and Your Organization. Harvard Business Press 2009.

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## 10 Step Solution: Resources

### WHAT IS WITHIN YOUR POWER TO CHANGE?

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## 10 Step Solution: Resources

### MAKE A CHECKLIST: WHAT'S YOUR LOWEST HANGING FRUIT

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>



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**Imagine the vision you have for yourself.**

**Close your eyes...**

**Go on, I'll wait...**

**Now, imagine having the exact steps to get you there. We help you do just that.**

**Schedule your FREE discovery call NOW.**

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