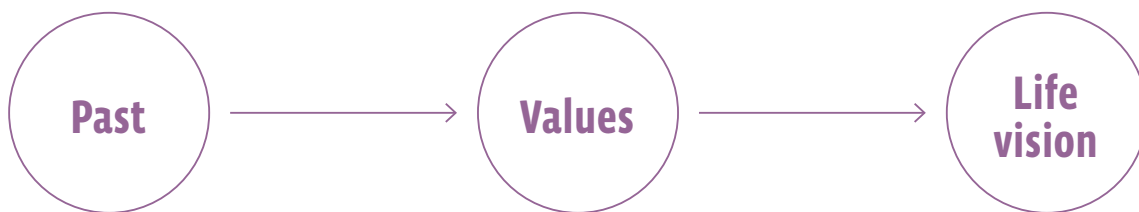


The Work Life Balance self-assessment / self-development module

The Work Life Balance self-assessment/self-development module is composed of three topics: **past**, **values**, and **life vision**.



is focused on **naming your resources and key moments** in your life that can support you in the future. The point is to be aware of what you have already achieved and how it can manifest itself in the next part of your life.

offer a **reflection on the personal and working plan**, what principles are important to you and what really motivates you.

allows you to **look into the future and clarify the direction** in which you would like to lead your life.

Each area offers a series of activities to help you map a topic. The amount of time you should spend on each exercise is indicated. Individual activities do not require preparation in advance. You can either choose only partial activities, or you can go through the whole module.

Each theme is complemented by inspirational videos and publication tips if you would like to devote more attention to the area or it simply takes your interest.

1. Past

Your personal history at any given moment consists of everything that you have experienced in your life so far and all the different relationships and interactions that have made you who you are today.

We all have periods of joy, happiness and well-being but also periods of sadness, suffering and loneliness. Every difficult situation creates a context in which new behaviour can be developed.



I can be proud of...

🎯 **Goal:** discovering and pointing out personal qualities and competences ⌚ **Necessary time:** 30 minutes

1. Think of two achievements in your life (small or big, professional or personal) which you are proud of. This can be something you have done, something you have developed, a decision you have made etc.

2. Describe the performance. The questions below can help you to describe it:

What exactly did you do?

Why did you do it?

*What steps did you take?
What actions?*

*What was your role in the event?
(What was your task? Was it your initiative? Who else was involved?
What was your role towards them?)*

What was the result of what you did/ the way you acted?



My personal history is...

🎯 **Goal:** the integral vision of your life 🕒 **Necessary time:** 45 minutes

1. **Draw your personal history line. Start at your birth and continue to the present day. Show highs and lows above or below the line to indicate your state of well-being at any given moment. Mark on the peak moments of success and the survival moments on the despairpeaks and troughs.**

2. **For each peak moment note:**

The concrete situation that best describes your peak experience (try to recall specific images);

Which qualities you used in this situation;

Which people contributed to your success or helped you to experience your peak moment;

Exactly how these people helped you.



My personal history is... (continuation)

3. For each survival moment note:

The concrete situation that best describes what survival meant for you (try to recall specific images);

Which qualities helped you to escape from that situation;

Which abilities and strengths you were able to develop as a result for that situation;

Which people contributed to your recovery;

Exactly how these people helped you.

Write down your conclusions and insights regarding this exercise.

(What do you want to remember from this exercise? What personal qualities did the exercise show me?)



Transformations

🎯 **Goal:** reflect on a number of important transformations in your life, to find possible connections, returning patterns or life themes of importance ⌚ **Necessary time:** 30 minutes

Transformation 1

1. **Think of an important transformation in your life. It can be a transformation from studying to working, but also transformation after a period of sickness, after travelling or a period of leave. Pick up a paper and pencil and draw a line from left to right on the paper. This line represents the transformation.**

Go back to the period just before the transformation. Start under the line, on the bottom of the paper and work your way up. How did you feel before the transformation? Paint the way you experienced the transformation. What form, colours, symbols, words, pictures or images belong to this period? Repeat this action for the transformation and the period after the transformation.

2. **Follow these questions:**

What does this picture mean for you?

Why did you choose these colours, forms, symbols, words, etc.?

Why did you choose this transformation?



Transformations *(continuation)*

2. Follow these questions: *(continuation)*

Why did the transformation take place?

What people were involved?

What did you do to make the transformation happen?

What qualities did you use during the transformation?

What difficulties did you encounter during the transformation?

What insights did you gain?

When you look back, how do you feel?



The Work Life Balance self-assessment / self-development module

Sources

Luk Dewulf *Go with your talent*

Peter Gerrickens & Marijke Verstege & Zjev van Dun *The Values Games Manual*

CINOP *CH-Q 1B training material*

Igor Bytsebier, Ramon Vullings, Godelieve Spaas *Creativity today*

Videos

https://www.ted.com/talks/nigel_marshall_how_to_make_work_life_balance_work?language=en

https://www.youtube.com/watch?v=tvos4nORf_Y

https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness

https://www.ted.com/playlists/171/the_most_popular_talks_of_all

https://www.ted.com/talks/brene_brown_on_vulnerability

Books

<http://www.iamherenow.com/>

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