

CHAPTER 38 DRAFT BLUEPRINT: RESET BALANCE

Let's reset with this exercise that encourages you to think critically about your balance and help identify areas for improvement. It provides a practical and actionable way to work toward better balance.



Rate your current struggle with each of the five elements of RESET by shading the table below. After rating yourself, reflect on the aspect of RESET you struggle most with and use the space provided to brainstorm potential actions to improve that area.

	STRUGGLE FACTOR				
	NONE	MINOR	MODERATE	SIGNIFICANT	MAJOR
RESOURCE ALLOCATION STRATEGY					
EXTERNAL INFLUENCES					
SUPPLY & INVENTORY					
EXPECTATIONS & DEMANDS					
TRACKING OUTCOMES					

Here are some symptoms of struggle for each of the five elements of RESET:

1 Resource Allocation Strategy:

- Feeling overwhelmed by conflicting demands.
- Difficulty in setting clear priorities.
- Work-related stress impacting personal life and vice versa.

2 External Influences:

- Lack of support from supervisors or peers.
- Limited access to training and personal development.
- Feeling isolated or unsupported in managing work-life balance.

3 Supply Inventory:

- Consistently feeling drained or exhausted.
- Neglecting self-care, hobbies, or relaxation.
- Financial stress affecting overall well-being.

4 Expectations and Demands:

- Overcommitting to tasks and responsibilities.
- Feeling constantly pressured to meet high expectations.
- Experiencing burnout or excessive stress.

5 Tracking Outcomes:

- Feeling disorganized and ineffective.
- Failing to see positive results from efforts.
- Lacking clarity on the effectiveness of your resource allocation.

REFLECTING ON RESET

RESOURCE ALLOCATION STRATEGY: This strategy is your secret weapon for achieving a harmonious balance.

- 1 Take a moment to reflect on your current approach to allocating your personal resources (time, energy, finances). How do you currently balance work and nonwork roles?
- 2 Are there aspects of your resource allocation strategy that you find effective? What challenges or difficulties do you encounter?

- 3 If you could make improvements in how you allocate your resources, what changes would you consider?

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EXTERNAL INFLUENCES: Your ability to recognize and adapt to these external factors plays a crucial role in achieving the desired balance.

- 1 Identify the external factors that influence your resource allocation, such as your workplace, family, or societal expectations. How do these factors impact your balance?
- 2 Do you feel supported or influenced by your workplace, peers, or supervisors in maintaining a work-life balance? Share any specific experiences.
- 3 Are there external influences that you believe are detrimental to your well-being? How could they be improved?

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SUPPLY INVENTORY: It's about being aware of your available resources and your metaphorical stockpile to use them wisely.

- 1 List the personal resources you have available for managing your work-life balance (time, energy, finances). Are there any external resources that aid in this balance?
- 2 Consider whether your current supply inventory matches your demands. Are there any resource deficits or surpluses?
- 3 How might you enhance your resource inventory, if necessary, to achieve a more balanced allocation?

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EXPECTATIONS AND DEMANDS: Recognizing and prioritizing these expectations and demands is a key aspect of maintaining your balance.

- 1 Reflect on the demands placed upon you in both your work and personal life. Are there specific areas where demands seem overwhelming or unmanageable?
- 2 Are there expectations from others or yourself that you believe contribute to your resource allocation challenges? Explain.
- 3 How do you currently prioritize your work and life demands? Are there strategies you use to manage these expectations?

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TRACKING OUTCOMES: If you discover that you are off course, this element prompts you to make the necessary adjustments to bring your life back into harmony.

- 1 Assess your current level of well-being and engagement in both work and nonwork domains. How satisfied are you with your balance?
 - 2 Have there been instances where resource allocation misalignment has led to negative well-being or disengagement? Share these experiences.
 - 3 Reflect on whether you have made previous attempts to adjust your resource allocation strategy. What worked and what didn't?
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REFLECTION AND RESET:

Identify where and to what extent you struggle with each of the five elements of RESET.

- 1 After considering your reflections, what aspects of your resource allocation and work-life balance would you like to reset or improve?

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- 2 Describe potential changes you intend to make in your resource allocation strategy, both at work and in your personal life. What specific actions can you take to address this challenge and improve your work-life balance?

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- 3 How might periodic resets play a role in your journey to maintaining a better work-life balance?

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Here are some suggestions for improvement for each of the five elements of RESET:

- 1 *Resource Allocation Strategy:*
 - *Use time management techniques to prioritize tasks.*
 - *Learn to say no to additional work when necessary.*

- *Delegate tasks when possible.*
- *Establish boundaries between work and personal life.*

2 External Influences:

- *Seek support and communicate needs with supervisors or colleagues*
- *Advocate for training opportunities or self-development programs.*
- *Connect with peers who share similar challenges for mutual support.*

3 Supply Inventory:

- *Prioritize self-care and engage in activities that recharge you.*
- *Create a budget and financial plan to alleviate stress.*
- *Focus on maintaining physical and mental health.*

4 Expectations and Demands:

- *Assess your true priorities and set realistic expectations.*
- *Communicate boundaries with colleagues, supervisors, and family.*
- *Learn to delegate tasks and seek help when needed.*

5 Tracking Outcomes:

- *Implement tracking systems for work tasks and personal goals.*
- *Regularly evaluate and adjust your resource allocation strategies.*
- *Seek feedback from supervisors or mentors to improve your effectiveness.*

These symptoms and suggestions can help to identify any specific struggles and take actionable steps to improve balance by addressing the corresponding element of RESET.

It's essential to tailor these strategies to individual circumstances, needs, and challenges that are bound to arise along the way.