
A Balancing Act

This activity is a modified version of the exercise in the course A Balancing Act.

The course A Balancing Act, is designed to support women to achieve their satisfactory balance of roles. Plagued by societal pressures to be 'superwoman' and be able to 'do it all' the reality is that we can only be our 100%. This course provides the tools to help determine which roles in our lives merit the most attention, how this will affect our performance in each role and ultimately our satisfaction derived from

them.

Introduction

The Women in Enterprising Families Initiative (WEFI) content is intended to guide women in finding their own solutions. As you go through this activity, please keep in mind that this is a self-reflection activity, and should be completed as you feel it will provide the most value.

Objectives

The objective of this activity is to:

1. Identify the roles you play
2. Evaluate your satisfaction among these roles
3. Determine where to shift your energy to achieve greater satisfaction from your roles
4. Identify multiplier activities that can maximize investment in different roles
5. Create your action plan

Outcome

We hope that this activity has helped you understand how to achieve greater satisfaction from your roles. Remember that your roles will change over time, so you should regularly go through this reflection process.

