



CONSULTING

## NEW YEAR WORK-LIFE BALANCE REFLECTION QUESTIONS

*Note that this exercise is part of Week 1 (<http://www.womenworklife.com/2016/01/07/52-weeks-to-better-life-balance-week-1/>) of the 52 Weeks to Better Life Balance blog series.*

Below are 25 reflection questions that focus on one's work-life balance over the past 12 months, as well as thoughts regarding the next 12 months. When answering these questions, think about all the roles that you have taken on the past year (and perhaps any future roles you expect to arise) as well as the other elements that make up your daily and weekly hours (see examples below).

*Examples of Life Roles: Mother, Parent, Employer, Employee, Business Owner, Housekeeper, Community Member, Wife, Daughter, Friend, Caretaker, Volunteer*

*Examples of Other Elements/Domains/Areas in Life: Physical Health, Hobby, School, Spirituality, Mental Health, Career, Business, Home, Life Tasks, Finances*

### **WORK-LIFE BALANCE**

1. At this point in time, what does work-life balance (or work-life blend, work-life integration, life balance) mean to you? What does it look like for your life?

### **THE PAST 12 MONTHS**

2. For the past year, how would you rate your overall life balance? What could improve?
3. What did you accomplish this year that you are most proud of (personally or professionally)? What projects did you complete? What goals did you reach?
4. What were your biggest challenges, roadblocks, or difficulties? What held you back this past year?

5. What experiences did you enjoy the most? What little things did you most enjoy during your day-to-day life?
  
6. How did your career or work evolve? What could improve?
  
7. What was missing from your life this past year? What priorities did you not get to? What did you not complete?
  
8. What was the best way you used your time this past year? What were the biggest time wasters?
  
9. When did you have free time and how did you spend it?
  
10. What old habits would you like to change? What new habits would you like to develop?
  
11. How did you take care of your body, mind, and soul?
  
12. Where and when did you find the most peace and calm? When were you present in the moment?
  
13. When did you feel most energized this past year? What drained your energy?

14. How did your relationships (with family, friends, children, spouse) evolve or not evolve?

15. What unfinished business do you have from the past year?

16. Reviewing your answers above, do you see any themes or patterns for the past year?

### **THE NEXT 12 MONTHS**

17. What matters most to you for this next year? What is most important?

18. What do you want your everyday life to be like? How do you want to experience each day?

19. What would you like to do better or differently?

20. What would you like to do more of in the coming year?

21. What relationships would you like to improve or attend to?

22. What personal growth would you like to see?

23. What do you hope to accomplish in the next year? What goals would you like to reach?

24. What do you want to achieve career-wise? What skills would you like to develop?

25. If you had to choose a theme or focus for the next year, what would it be?

Congrats on finishing these challenging 25 reflection questions on your work-life balance. Future posts will refer back to this document as you begin to set your goals and priorities for the next 12 months. So stay tuned!

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