

# Parenting and the Paradox of Balance



Complete the exercise below to improve your sense of balance.

When do you typically find yourself feeling off balance?

How do you typically spend your time?

The 10 Domains of Parenting	% of Time Now	% of Time After Exercise
Personal   Self		
Partner		
Child(ren)		
Work   Professional		
Physical		
Intellectual		
Emotional		
Spiritual		
Home   Chores		
Community		

<b>WHAT'S WORKING?</b>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
<b>WHAT'S NOT WORKING?</b>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
<b>LESSON LEARNED</b>	<ul style="list-style-type: none"> <li>□</li> <li>□</li> <li>□</li> </ul>

## How do you reallocate these?

### Engage Your Partner

- What are they already doing?
- What else can they be doing?

### Engage Your Child(ren)

- What are they already doing?
- What else can they be doing?

### Outsource

- Free Solutions
  
- Fee-Based Solutions

# How do you maintain your new "balance"?

Map out your Strengths, Weaknesses, Opportunities, and Threats (SWOT).

<h2>Strengths</h2> <ul style="list-style-type: none"> <li>● What are your strengths?</li> <li>● What do you know you can easily do/stick to?</li> </ul>	<h2>Weaknesses</h2> <ul style="list-style-type: none"> <li>● What are your weaknesses?</li> <li>● What areas do you anticipate struggling to implement or adjust to?</li> </ul>
<h2>Opportunities</h2> <ul style="list-style-type: none"> <li>● What are the benefits of this new "balance"?</li> <li>● How can you turn your strengths into opportunities?</li> </ul>	<h2>Threats</h2> <ul style="list-style-type: none"> <li>● What risks and blockers do you face when implementing your new allocations for "balance"? (<i>Hint: Negative AND Positive</i>)</li> </ul>

Follow these Next Steps to utilize Best Practices and Maintain your new Balance:

1. Complete/share this exercise with your partner or a trusted advisor
2. Agree on core values
3. Lead with your strengths
4. Prioritize and re-set expectations (mindset)
5. Set Boundaries (focus, time, financial, other?)
6. Build a daily routine that works for your family
7. Communicate, communicate, communicate
8. Be flexible
9. Monitor your performance for a period and then analyze what works and what doesn't
10. Adjust your "slices of the pie" as needed, learning and refining as you go along