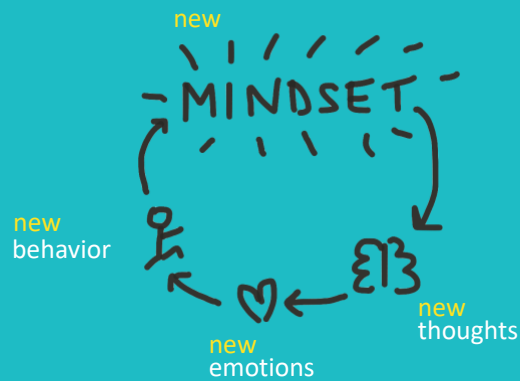


J&J Wellbeing Program
Workshop 5: Balancing work and life - WORKBOOK
With certified coach Desi Jagger

MINDSET

Change starts with your mindset



Desi Jagger
THE CHANGEMAKERS COACH

LIMITING BELIEFS

What is your biggest limiting belief?

Limiting beliefs



Blaming external factors

- The company culture isn't good
- My manager isn't supportive



Fear of being judged

- What will others say?
- I might not be promoted



Assumptions & Expectations

- I must be perfect at everything I do at home and at work
- Work-life balance is fixed



Fear of uncertainty & unknown

- What if things get worse with coming back to the office?



Not enough time

- I don't have enough time to get everything done



No choice

- I don't make the rules
- I am powerless in this situation

Desi Jagger
THE CHANGEMAKERS COACH

VISUALIZE YOUR DESIRED OUTCOME

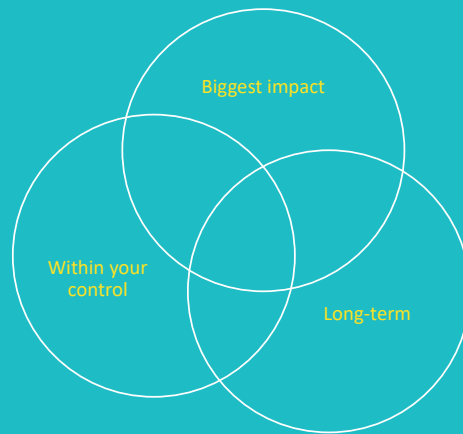
→ Capture the insights from the guided visualization:

Vision: What does your desired outcome look like? How would you feel when you have achieved it?

STOP What limiting beliefs do you need to leave behind?	START What new beliefs do you need to introduce into your life?	CONTINUE What beliefs do you want to keep?

STRATEGY

Strategy = a set of choices



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Write down all things that could contribute towards your vision

Cross out things that are outside your sphere of control

Cross out things that would be detrimental in the long-term

Circle 1-3 things that would make the biggest impact (that's your strategic focus)

My strategy:

- 1.
- 2.
- 3.

IMPLEMENTATION

CREATE AN ACTION PLAN

Strategy	TODAY	IN 3 MONTHS	IN 1 YEAR
1			
2			
3			

What resources do you already have which you can leverage?

Who can ask for help?

How will celebrate when you achieve your goal?

RESOURCES



Patty McCord
**4 lessons the pandemic
taught us about work, life
and balance**



Nigel Marsh
**How to make work-life
balance work**

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

https://www.ted.com/talks/patty_mccord_4_lessons_the_pandemic_taught_us_about_work_life_and_balance