

# *Purposefully Picking Priorities*

Jen Strong

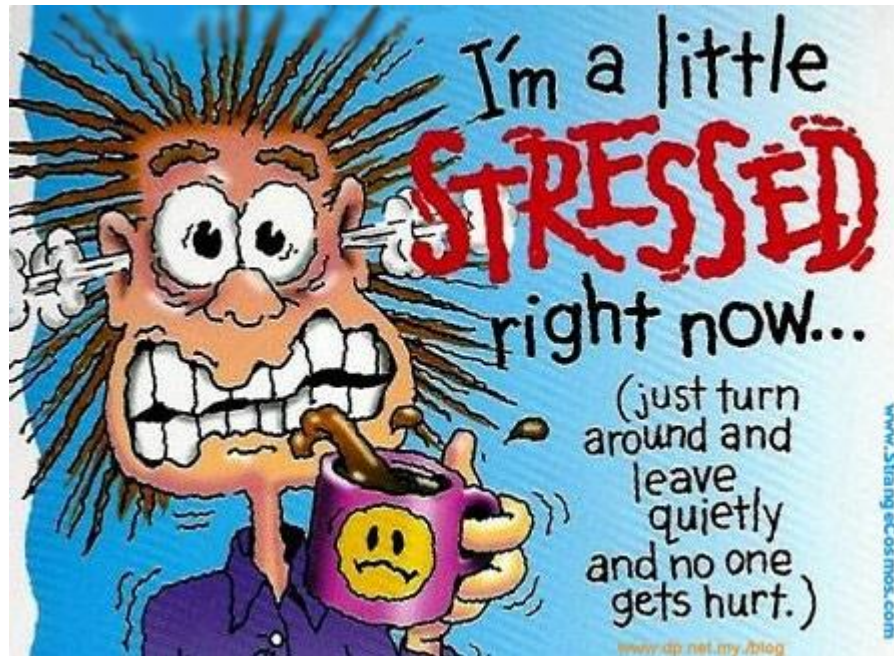
c/o Kim E. Dooley

# Priorities



# How do you prioritize?

## Work - Life Balance Quiz



Love what you do  
Capitalize on your strengths  
Build community  
Learn to delegate

**Passion**

Hobbies/Activities

Give back to your community

**Play-time**

Support system

Share your life with others

**Partner**

# 4 P's

- Priorities
- Passion for your career
- Play-time to enrich your life
- Partner to share your experiences



# Work-Life Balance Action Plan

- What is important to you?
  - You only have one life, so what is important to you?
  - Space, fun, adventure, time alone, achievement, recognition?
  - Write down the words that represent this for you, and start now to use these to guide how you work, as well as how you play.
  - Now, do some life charting...