

HabitShift

Personal and Professional Coaching, and Corporate Consulting

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Part 2: What's next?

You have just taken an unscientific but valuable snapshot of yourself with what you believe to be true at the present moment in time. You change and the world around you changes. Constantly. You are a different person now than before you took this assessment. You may answer the assessment differently next week. Who knows what will come up in the next 6 months that could support your balance or foster imbalance?

Here's our recommendation for what to do with this information:

- 1) Note where you rated yourself out of balance. Which item presents the best opportunity for your greatest growth and that also requires the least effort? This will be the place to start.
- 2) Note which item you believe shows where you are most balanced right now.

Each opportunity for balance is composed of habits and patterns. For each, there are emotional, cognitive, and behavioural themes that when brought into clear focus, provide you with opportunities for increasing work life balance. Your habits & patterns are the working level of personal change.

- 3) You can now identify more specifically where you will benefit from some focus. List habits and patterns you have that might require your attention. Call or write if you would like our help.