

## Sunday Session Worksheet

### Daily Practices for Work-Personal Harmony & Integration

1. Find a single intention that can flow through your work and personal life. Say it when you wake up in the morning and carry it with you through the day.
2. Identify 1-3 core values that can be touchstones and guideposts for you in both your work and your personal life. Remember these through the day to help things feel less fragmented.
3. Challenge the stories/beliefs about work and personal life that are contributing to overwhelm. Look at which may need updating. (Check out the video [here](#) at minute 37:00 for tips on “acting as if” when trying on a new belief.)
4. Reflect back on what’s moved the needle most in your work. What was it? What does that imply about what to do more and less of?
5. Reflect back on what’s been the most important or fulfilling in your personal life. What was it? What does that imply about what to do more and less of?
6. Identify and practice your self-care top 3.
7. Show up for your personal relationships leading with your strengths and gifts, just like in your work.

## Journaling Questions

1. What is one intention that can flow through my work and personal life?
2. What are 1-3 values that can flow through both my work and personal life?
3. What stories am I carrying about my work life that make it hard to integrate or balance work with personal life? (i.e. – “Success will be based on how many hours I put in.” “I can’t say no to my boss or...”)

Do I have overwhelming evidence these stories are true? Which ones might be ready for some re-examining or updating?

4. What stories am I carrying about my personal life that make it hard to integrate or balance my personal with my work life? (i.e. – “Good moms are there for bedtime every night.” “A supportive daughter would do x... ”)

Do I have overwhelming evidence these stories are true? Which ones might be ready for some re-examining or updating?

5. What are my “top 3” activities for self-care (not the “should” but the ones that really help sustain me), now?
6. What needs to shift in my life for me to practice those more fully or more consistently?

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Get the book, *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead*, [here](#).