







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?

