

## SPIRITUAL

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### Life Balance

#### Rationale

“Coping with the complex and diverse challenges of everyday life, which is not an easy task, can upset the balance and harmony we seek. Many good people who care a great deal are trying very hard to maintain balance, but they sometimes feel overwhelmed and defeated” (M. Russell Ballard, “Keeping Life’s Demands in Balance,” Ensign, May 1987, 13).

Some Deseret Industries associates may find it difficult to find balance as they migrate to a new lifestyle based upon principles of self-reliance. The complexity and diversity of challenges can increase drastically when individuals are asked to set a challenging Development Plan (DP).

#### Objective

Help Deseret Industries associates set and achieve goals that foster life balance.

#### Potential Discussion Items

- Ask the Deseret Industries associate whether he or she feels that his or her life is in balance. Is he or she overwhelmed with life’s demands, especially DP goals?
- Review the associate’s DP to ensure that goals are measurable and attainable. Make sure that action steps support milestones and milestones support vocational goals.
- Determine whether the DP sufficiently challenges the Deseret Industries associate. Is it overwhelming?
- Then determine whether goals relieve burdens or increase burdens. (Depending on your assessment, it may be time to rethink the DP.)
- Assist the Deseret Industries associate in developing a personal weekly schedule. Help the associate prioritize his or her personal activities according to good, better, and best principles. Ask the associate to report back weekly on how well he or she followed the prescribed schedule.
- Suggest alternative options for coping with circumstances that hinder goal achievement.
- Ask the Deseret Industries associate how imbalance in his or her life affects participation in the Deseret Industries training program. (Is he or she focused on work? Does he or she have attendance issues or other adverse vocational behaviors related to the imbalance? Is the associate engaged in his or her DP?)
- Suggest activities the Deseret Industries associate might choose in place of degrading or time-wasting activities. (See the Uplifting Activities handout. Encourage the associate to add his or her own activities to this list.)
- Celebrate the Deseret Industries associate’s small successes. When an associate achieves even seemingly small goals, or when he or she takes steps in the right direction, reinforce the positive behavior with ample praise and encouragement.



# MENTOR

- Many Deseret Industries associates are overwhelmed with influences that compete for their time and attention. Show abundant support and understanding when asking the associate to change fundamental patterns of behavior. Develop your own ability to empathize.

## Suggested Resources

- Ballard, M. Russell, "Keeping Your Life in Balance" (New Era, Sept. 2012, 2–4): <http://www.lds.org/new-era/2012/09/keeping-your-life-in-balance>.
- Bradford, William R., "Unclutter Your Life" (Ensign, May 1992, 27–29): <http://www.lds.org/ensign/1992/05/unclutter-your-life>.
- Hill, E. Jeffrey, "Finding Harmony as We Struggle to Juggle" (Ensign, Feb. 2012, 12–14): <http://www.lds.org/ensign/2012/02/finding-harmony-as-we-struggle-to-juggle>.
- Oaks, Dallin H., "Good, Better, Best" (Ensign, Nov. 2007, 104–8): <http://www.lds.org/general-conference/2007/10/good-better-best>.
- Orton, Robert F., "Living a Balanced Life" (Ensign, Feb. 2008, 64–68): <http://www.lds.org/ensign/2008/02/living-a-balanced-life>.
- Perry, L. Tom, "The Tradition of a Balanced, Righteous Life" (Ensign, Aug. 2011, 46–53): <http://www.lds.org/ensign/2011/08/the-tradition-of-a-balanced-righteous-life>.
- Scott, Richard G., "First Things First" (Ensign, May 2001, 6–9): <http://www.lds.org/ensign/2001/05/first-things-first>.
- Uchtdorf, Dieter F., "Of Things That Matter Most" (Ensign, Nov. 2010, 19–22): <http://www.lds.org/ensign/2010/11/of-things-that-matter-most>.

## Handout

## Uplifting Activities

