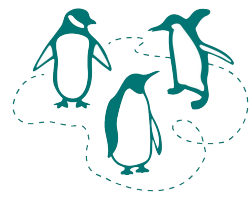


Assessing your Circumstances



Life is full of opportunities and challenges. Identify what these are in your life and learn how to leverage or mitigate them as you build a sustainable foundation for life as a working parent.

Step 1: Fill in this grid to take stock of factors that impact your work/life balance and will need to be considered as you build your foundation.

<p>Your Situation</p> <p>What elements of your current work and home situation impact your work/life balance?</p>	<p>Self Reflection</p> <p>What elements of your personality and skillset impact your work/life balance?</p>
<p>Coping Strategies</p> <p>When you have faced stressful situations, what coping strategies do turn to? What habits do you have that are less helpful?</p>	<p>Support Circles</p> <p>Consider the people in your life. Who do you consider supportive? Who is present and less supportive?</p>

Step 2: Circle the attributes that you view as assets. Put an X in front of those that create challenges. Indicate those that could go either way with a ?.

Step 3: Step back and look at the big picture. Notice any surprises – good and bad.

Step 4: Schedule time with your coach to create an action plan.