

Personal Reflection Exercises...

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At times, my career can be all consuming. Constantly bending over backwards to please difficult clients and unreasonable managers is draining, to say the least.

However, I leave work related stresses in the office once 5pm rolls around. It is called happy hour for a reason and that is because I get to drive home to my family.

My employer pays for only 40 hours of my time each week, no more, no less.

Therefore, ***I provide my company with 40 hours of my undivided attention each week, no more, no less.***

Though I am content with my career, it is really a labor of love for my family. I subject myself to the stresses of my career in order to support my family. My family is at the center of all my decisions.

I strive to banish work related thoughts while I am at home. Even though it is only natural to think about advancing my career, allowing these thoughts to consume my mind outside of the office is unfair to my family.

My family deserves my undivided attention. My kids deserve to have me present at every soccer game. My spouse is entitled to spending quality time with me each evening.

I deserve to devote my personal time to activities that I find joyful.

Today, I turn off my work phone and avoid checking my business email while I am at home. My personal time is shared between my family and myself. The stresses of my career are left in the office!

Self-Reflection Questions:

1. Why do I feel the need to be an overachiever at work?
2. What activities can my family take on to become closer?
3. How can I streamline my schedule to devote as much time as possible to my family?