# Leader's Toolkit



## Work-Life Harmony Exercise

Instead of thinking about *work-life balance*, shift your thinking to *work-life harmony*. The concept of harmony will allow these two parts, "work" and "life", to exist collaboratively instead of competitively. Striving for work-life harmony will help you find fulfillment in all areas of your life.

#### **Work-Life Harmony Exercise**

On pages 1-3, you will find an exercise to help you begin building better work-life harmony.

#### Write Your Priorities

Start by thinking about your priorities. These are the things that you truly care about and want out of life. Then, write down your priorities below. Remember, these do not need to be separated into priorities for "work" or "life." They are simply "big picture" concepts that are important to you.

Learning		
Better relationships		

### Leader's Toolkit Work-Life Harmony E<u>xercise</u>

### **Create Action Steps for Each Priority**

Look at the priority list you created on page 1. Consider the actions you can take to focus on these priorities in all applicable areas of your life. Use the example below as a guide.

Priority: Learning		
1.	Download and listen to the podcast "The Kitchen Counter" on my commute to work.	
2.	Sign up for a cooking class at the local culinary institute.	
3.	Find a mentor at work who is knowledgeable in veterinary acupuncture.	
4.	Learn more about veterinary acupuncture by visiting the AAVA website.	
5.	Research veterinary acupuncture courses.	

Priority:		
1.		
2.		
3.		
4.		
5.		



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Priority:		
1.		
2.		
3.		
4.		
5.		

Priority:		
1.		
2.		
3.		
4.		
5.		

