PWOC LDP
Leadership Development Program

TOPIC: FINDING BALANCE—WHAT'S ON YOUR PLATE?

The Bottom-Line Up Front: Finding balance in all areas of life—especially when holding a leadership position—is an ongoing process. It is good to periodically evaluate activities and responsibilities in order to course-correct and move back towards a sense of balance. Often, small changes can make a significant difference.

1. **A Piece of the Pie** (5 minutes): Serving on this Board is one of many responsibilities that you have on your plate. At times, it can be very challenging to keep a sense of balance between volunteering in PWOC, family life, work, other volunteer positions, sports, pursuing further education, taking care of your physical and spiritual health, investing in friendship, and a million other possibilities. How can we live balanced lives AND do all that we need to do?

Here is the Britannica Dictionary's definition of *balance:*

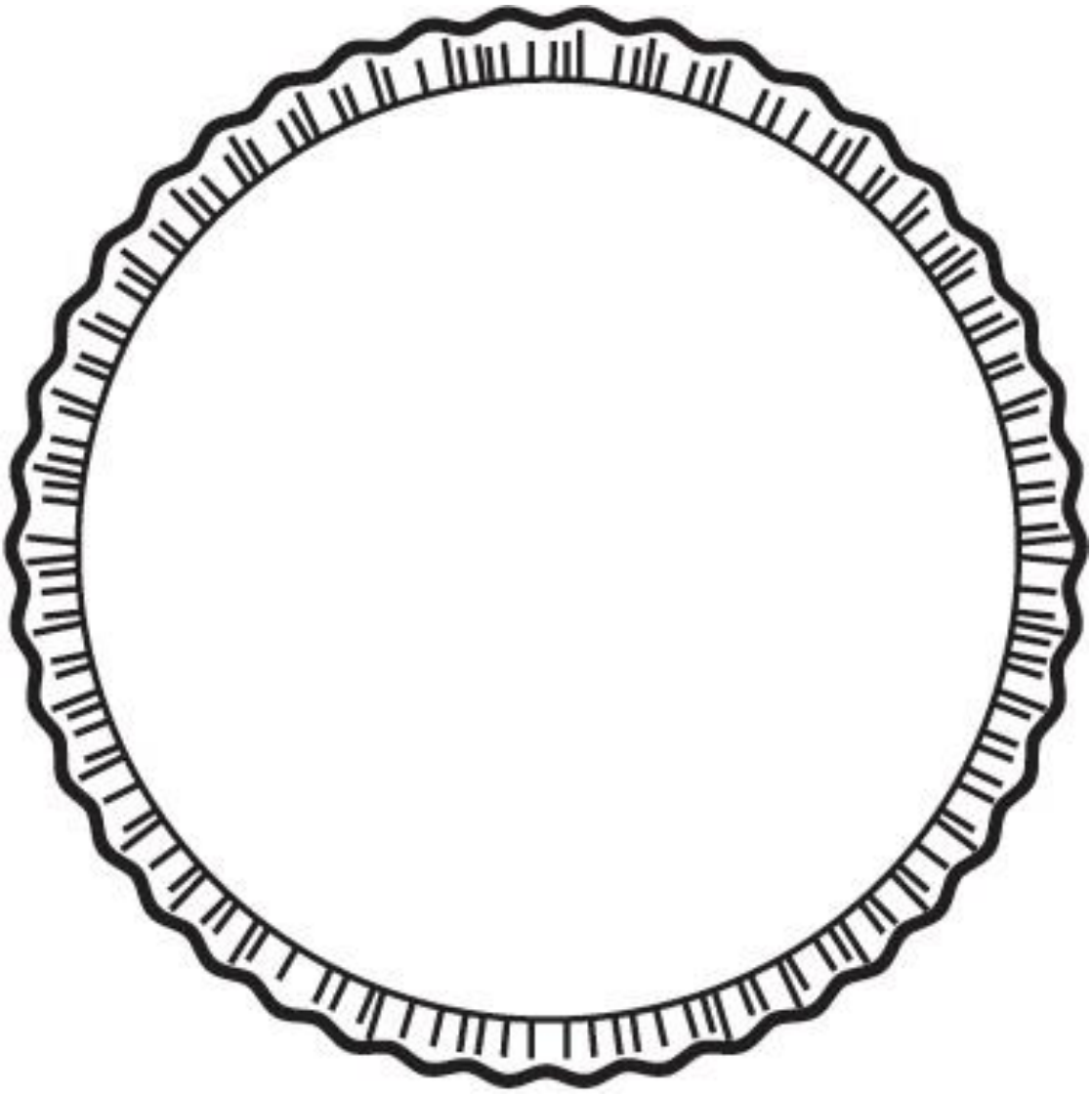
- *The state of having your weight spread equally so that you do not fall.*
- *The ability to move or to remain in a position without losing control or falling.*
- *A state in which different things occur in equal or proper amounts or have an equal or proper amount of importance.*
- *Harmony: a state in which various parts form a satisfying and harmonious whole and nothing is out of proportion or unduly emphasized at the expense of the rest.*
- Synonyms: equilibrium, poise, stability, steadiness
- **Which bullet stands out to you? Why?**

Webster's College Dictionary's definition of *calling:*

- *A vocation, profession, or trade.*
- *A divine call or summons.*
- *A strong impulse or inclination.*
- **Do you see *balance* and *calling* as compliments? Opposites? Do they compete? Are they compatible? What does this look like in your life?** *Hold a standing meeting and share your thoughts in a group of 2 or 3.*

Embracing both concepts—*balance* and *calling*—can be a powerful shift in our lives and leadership. Think about it. Could it be that God Himself could help us arrange our lives in such a way as to have harmony and stability? Could it be that He has a specific calling for us each day? Imagine living life, compelled to action by God Himself. That's an exciting way to live!

2. **Respond—Pie Activity** (10 minutes): Let's consider the things we do or are involved in as "slices" of our lives. If I look at my life as a whole, where do I put my time and energy? Draw lines to create pieces to represent each major role/responsibility you have in your life. Do your best to proportion the pieces according to the amount of time you invest in each one. Which pieces are the largest/ smallest? *Feel free to confer with your neighbor as you work. Share your thoughts. Help each other brainstorm roles and responsibilities.*



3. **Evaluate—A Balanced Plate** (5 minutes): Do you see any areas that need adjustment? Is there anything that should come off your plate? Anything that should be added? What is God speaking to your heart? Be willing to make this a matter of prayer as you plan your day/week/semester. You may want to refer to the Appendix "Healthy Priorities" in the PWOC Ministry Manual. Keep bringing your schedule before the Lord. He will give you the wisdom you need and will help you find balance in your life and leadership. *Take a moment to record your thoughts or use the time for prayer.*