

## CAREER LIFE CONNECTIONS

Name: \_\_\_\_\_

# WAYS TO IMPROVE YOUR LIFE

Bring Balance to Your Life

Positive Attitude is Everything – “Bring it” Everyday  
Don't Make Assumptions or the MSU Rule (Make Stuff Up)

Listen Without Judgement or Criticism

Discover Your Own Leadership Qualities

Be Open to Change

Don't Be a Toxic Person

Mind Set – Own Your Own Part of the Problem

See the Reality – Not the Lies You have Been Told

Set Creative, Effective Goals

and

Always Love Yourself

**Is your life balanced?**

**Directions:**

1. On a piece of paper draw two circles and date the page
2. **Title the first circle: My life looks like**
3. Use the first circle to create a pie chart dividing it up to represent the following:
  - a. School
  - b. Work/career
  - c. Volunteer – community engagement
  - d. Family, friends, and relationships
  - e. Personal growth (spiritual, meditation, faith)
  - f. Fun, sports, hobbies, and leisure activities
4. **Title the second circle: I want my life to look like**
5. Use the second circle to create a pie chart dividing it up to represent the following:
  - a. School
  - b. Work/career
  - c. Volunteer – community involvement
  - d. Family, friends, and relationships
  - e. Personal growth (spiritual, meditation, faith)
  - f. Fun, sports, hobbies, and leisure activities

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### Reflection Questions:

#### **My Life Looks Like**

1. How hard or easy was this process?
2. What areas take up most of your time?
3. What area(s) take up the least amount of time?

#### **I Want My Life to Look Like**

4. Choose two areas to change to bring some balance back to your life. What are the two areas and how will you change them? (Be specific.)
5. List three of your strengths. What areas of your life are they in?
  - a.
  - b.
  - c.
6. Why do you think your strengths are in these areas?
7. List three of your weaknesses. What areas of your life are they in?
  - a.
  - b.
  - c.
8. Why do you think your weaknesses are in these areas?