Balance . . .
Is It Possible?

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Life Priorities

1.
2.
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5.
Life Priorities

- Self
- Relationships
- Life Work/Purpose
- Leisure/Recreation
There are 2 journeys one must make to have life balance----out there and in here.
One depends on the other.
Every exit is an entrance.
The door swings both ways
The only way out is always in-
To move on in the world as it is, one must turn to resources within.
Self

- Development of Values and Beliefs
- Priorities
- Purpose
It is important to understand the self; values, beliefs, and purpose.

With this knowledge we can establish life priorities that guide our choices on a daily bases.
Relationships

* Define relationships
* Prioritize meaning and purpose of relationships
* Identify significant relationships
Identifying significant relationships and prioritizing time for these relationships allows us to be actively involved in our life priorities, creating a sense of balance.
Job/Work

- **Job:**
  - Preformed for compensation
  - Posses skills and abilities

- **Work:**
  - Purpose
  - Contribute to the organization
  - Contribute to a greater society
Job/Work

- Is it a job or is it life work?
- Do you define your work or does your job define your work?
Job/Work-Summary

Life work allows us to accomplish life priorities, feel a greater sense of purpose and contribute to a larger society.

Some of us have jobs where we feel a connection to our life work and some of us find that in other avenues.

We must all have a sense of Contribution!
Leisure/Recreation

- **Leisure:**
  Freedom, perceived competence, intrinsic motivation and positive affect.

- **Recreation:**
  Engaged in during one’s free time, pleasurable and socially redeeming qualities.

Kraus, 1990
Leisure/Recreation

- Time for Self
- Time with Others
- Variety of Experiences
- Daily Practice
Leisure/Recreation-Summary

*Do you play?

*Do you laugh?

*Do you sit in solitude?
Leisure-Summary

When we make leisure and recreation time a necessary part of our daily routine we make a commitment to living a healthy more balanced life.
Life Is a Gift

Balance in a person’s life is the key to a quality life.

An integration of your internal and the external... the self, the self’s creation which is work, and the self’s rejuvenation which is leisure.

Crossing the Bridge
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