



Secrets to Being a Child Care Professional

Secret #3

***"We don't stop playing because we grow old.
We grow old because we stop playing"***

Balancing our Personal and Professional Lives

Take a few moments to assess the balance you have now between your personal and professional lives. Answer each statement with either yes or no. You'll note that "sometimes" is not a choice. If in doubt, check yes if you do something more than 50% of the time.

- I find myself working more hours now than I did six months ago.
- I have less time to spend with friends and relatives.
- When people talk to me, I feel scattered and have a hard time listening.
- I feel more serious and less playful than I have in the past.
- I don't have time to exercise on a regular basis.
- I take work home in the evenings because I don't have enough time during the day.
- I admire people who have careers where they can separate their personal and professional lives.
- I don't have enough time to get the support I need from other professionals in the child care field.
- At times I wish I was working strictly with children and not in a supervisory role.
- It seems as though I am giving lots more support to others than I'm receiving for myself.



Below are some tips to help you balance your personal and professional lives.

- Have people in your life who have interest other than child care.
- Set your own personal limitations with others. Let them know where your boundaries begin and end.
- Invert yourself 100% while at work. Then, when it's time to leave, walk away and put work behind you.
- As you walk, bike, or drive home from work, start thinking about people and events in your personal life.
- Take time to really be present with your friends and family. Keep your mind from wandering back to work by concentrating on listening and talking to others about things that matter.
- Become part of a professional support group. Get and give support to your peers.
- Learn how to love to sweat. Develop an exercise program for yourself that includes both winding down and relaxing.
- Prioritize what is really important for you to achieve in your personal and professional lives.
- Add some spice and variety to your life. Don't get caught up in the "same old, same old". Hang out with people who can be silly, fun, and playful.
- Sit down today and make a list of what you want to accomplish with your life.
- Don't isolate yourself. Satisfy your basic need to belong, and become involved by joining activities or organizations that match your values and goals.
- Protect your alone time. Stake out your time, and don't allow others to infringe on it.
- Let others know that you need, and be willing to accept help when needed.
- Maintain a balanced lifestyle, which includes paying attention to your physical, emotional, and spiritual needs.

Would you like to receive one clock hour of training for reading

"Secrets to being a Child Care Professional #3"?

If so, complete the worksheets at

www.tymthetrainer.com/onlinetraining.html

and follow the instructions.

A one-hour training certificate will be provided.

1-Hour Online Training Module

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Children see ~ Children do.

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