

## YOUR NEXT HORIZON

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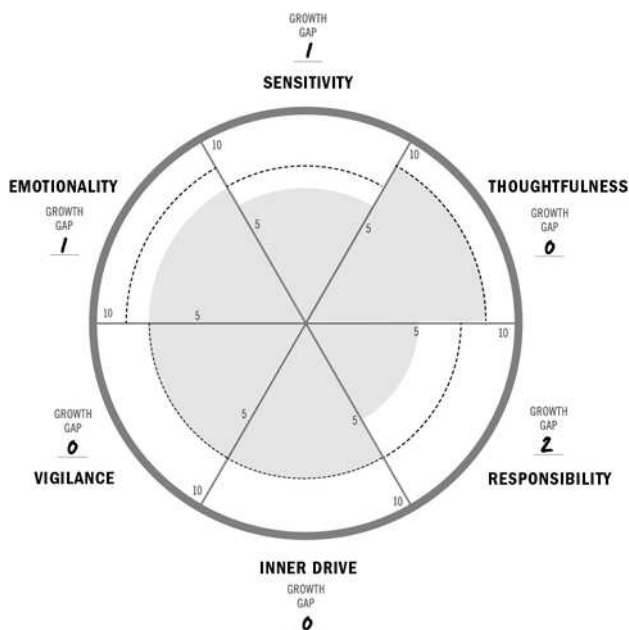
Balancing your STRIVE qualities is an ongoing journey, which means that setbacks give you the chance to assess the next horizon for your growth. Even if you feel that by now most of the time you're well balanced, this final Exercise will help you evaluate how to continue bettering yourself.

### INSTRUCTIONS

1. *Bring to mind a setback.* Recall a slump (brief or ongoing) you've hit since you last filled out your Wheel of Balance in Chapter Eight. Consider the emotions you felt, what you thought, and how you reacted. Complete your third Wheel of Balance with this situation in mind.
2. *Take note of your accomplishments.* Place this Wheel of Balance side-by-side with the first one you completed in Chapter One and the second from Chapter Eight. Take in the positive changes you've made. Where have your scores gone up? What improvements do you notice? Which of your STRIVE qualities have become more balanced?
3. *Look for opportunities.* Looking at your third Wheel of Balance, explore which, if any, of your STRIVE qualities were thrown out of balance as a result of the setback. This can help you understand your patterns and devise steps to deal with them.
4. *Make a plan of attack.* As we talked about in this chapter, you overcome setbacks by recommitting to yourself and your goals, so devise a list of action steps you can take to move toward your next stage of development.

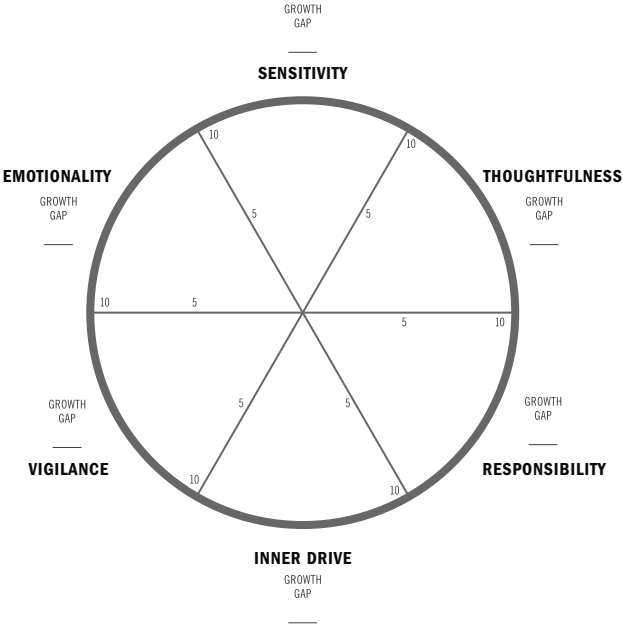
# YOUR NEXT HORIZON

*Cassie*



MY NEXT HORIZON IS	
Balancing Responsibility and Inner Drive	
MY ACTIONS ARE	
Getting help from my MIL	Planning a digital detox weekend once per month
Paying for grocery and laundry services	Joining an HR Women in Leadership organization

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MY ACTIONS ARE	