

The Career Lounge



Your Personal Guide to 'Having it All'

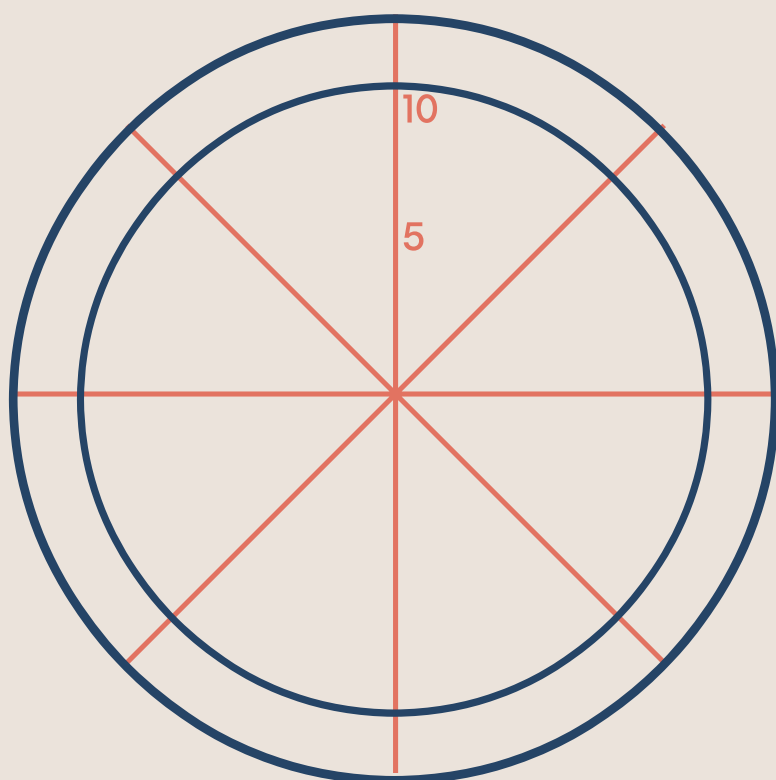
A simple worksheet with reflection questions to help you discover your definition of 'having it all' and how you can actualise it.

How to 'have it all'

Your guide to knowing what 'having it all' means to you and how you can achieve it.

Remember: Only **YOU can decide what your definition is** of 'having it all'. It is unique to you and does not have to be based on societal standards. This definition may **change over time**, and it's okay! Revisit this periodically or when you encounter any life-changing experiences such as a new job or childbirth.

Your definition of 'having it all'



In this wheel, fill out areas of life that are important to you. Draw a line to indicate how satisfied you are with each area of your life. The center is unsatisfied and the periphery is very satisfied. This will help you assess where you stand now in your pursuit to 'have it all'.

Examples of areas of life are family, finances, personal growth, career, spirituality, health, friendships etc.

'The journey of a thousand miles begins with a single step'.

Lao Tzu

What small step can you take today to bridge the gap between your current level of satisfaction and your definition of 'having it all'?

Your network

What role do different people in your life play in supporting you or hindering you from achieving your vision of fulfillment in different areas of your life?

Step 1

Identify all the people in each area of your life who currently affect your ability to achieve your vision of 'having it all'.

Step 2

For each person, record how they support you or how they hinder you from achieving your vision of 'having it all'.

Supporters

Saboteurs

Step 3

List all the people who could help you but you do not currently have in your life. What can you do to attract these people into your life?

People currently missing in your life and your plan to find them?

'Have it all' with confidence

Minimize the gap between your reality and 'having it all' with this mantra:
Give, Do & Ask More

GIVE

Enhance your confidence by giving yourself credit for all that you do and the value you bring to the table! Acknowledging the positives or things that you are currently managing well will make you feel worthy and boost your belief in your ability to 'have it all'.

What are things you do well and deserve credit for?

DO

If you are keen on 'having it all', you may need to do more in terms of investing your time, money, and energy. Reflect on the gap between your vision and real-life and think about what's stopping you from achieving it. If it's something on the "doing" part, it's time to take the next steps!

What big leaps do you want to take to achieve your long-term vision of 'having it all'?

ASK MORE

It is important to remember that you 'having it all' depends on your relationships as well - be it personal or professional. Be aware of what you want and communicate your expectations. Be specific and ask your partner or friends for more time, your boss for that promotion you're eyeing, etc. You could practice asking for what you want out loud in the mirror before approaching the person in question.

Read my blog ['Building Confidence: How To Demand And Get More'](#) for more on this.