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## A Woman's World

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This activity is a modified version of the exercise in the course A Woman's World.

The course A Woman's World, is designed to support women in achieving positive change in their environment. While wanting to improve her environment for her family and her enterprise, the reality is that not everything is within under our influence. This course provides the tools to help determine what we can and cannot change (and why that's ok) so the learner may discover where it is most worthwhile to apply energy to create positive change.

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### Introduction

The Women in Enterprising Families Initiative (WEFI) content is intended to guide women in finding their own solutions. As you go through this activity, please keep in mind that this is a self-reflection activity, and should be completed as you feel it will provide the most value.

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### Objectives

The objective of this activity is to:

1. Distinguish between a problem and a symptom
2. Identify the stressors in your life
3. Determine which stressors you can and can't influence
4. Create your action plan

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### Outcome

We hope that this activity has helped you understand where to focus your energy to create the greatest possible impact on your environment. Remember that your stressors will change over time, so you should regularly go through this reflection process.

1. Read the case story and determine which stressor is a ‘problem’ or a ‘symptom’.

Think of solving a problem as finding a cure—A problem can cause multiple symptoms.

Think of addressing a symptom like finding a Band-Aid solution—A symptom is caused by a root problem.

PROBLEM

SYMPTOM

Example question

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2. In the chart, list the 8 most important stressors in your life.

When you list your stressors, try to focus on problems rather than symptoms.

Stressor in Your Life

EXAMPLE STRESSOR 1

EXAMPLE STRESSOR 2

3. Circle the stressors that you CAN control, and cross off the stressors that you CAN'T control.

This symbolizes focusing your energy where you will be able to create the greatest impact.

Stressor in Your Life

EXAMPLE STRESSOR 1

EXAMPLE STRESSOR 2

4. Leverage the power of two.

The ‘Power of Two’ is a concept that reminds us that we are not alone. In fact, when you work with the right people, the result will be greater than either of you could do on your own.

— Joshua Shenk, The Powers of Two.

This information will help you in Step 5!

5. Next to all the stressors you have circled, write one activity you can begin that will help you diminish the impact of this stressor on your life, and who you could involve to leverage the power of two.

Activity

EXAMPLE STRESSOR 1

EXAMPLE STRESSOR 2

Power of Two

JANE SMITH

JANE SMITH

# A Woman's World

## Case Story

Hi Lisa, it's me—Sarah. Sorry it took me so long to call you back, I've just been completely overwhelmed, you wouldn't believe the week I've had!

First my brother, Jeff announced that he and his wife are getting a divorce. Honestly, I wasn't surprised—I never liked her much, but he seems to be having a really hard time and I do worry about him. On top of that, he's been trying to take on some of my father's responsibility in leading the family business, but my father is completely unwilling to step back, I'm worried the business will suffer. Speaking of my father, I took him to his doctor's appointment.

He's doing well, but with his blood pressure the way it is, he really shouldn't be playing such a high-stress role in the business. I myself have been feeling stressed at work lately. It all started when my best analysts quit. I was so disappointed. She said that she felt there was a 'glass ceiling' for non-family members. So now I'll be working late until we find a replacement. I just feel so guilty when I don't have time to give my kids or husband enough attention. Forget about having any time for myself...

And that brings us to today!

## Determine which of Sarah's stressors are PROBLEMS or SYMPTOMS

	PROBLEM	SYMPTOM
Sarah is overwhelmed	<input type="radio"/>	<input type="radio"/>
Jeff is getting a divorce	<input type="radio"/>	<input type="radio"/>
Sarah is worried about Jeff	<input type="radio"/>	<input type="radio"/>
Sarah's father is unwilling to step back	<input type="radio"/>	<input type="radio"/>
Sarah is worried about the business	<input type="radio"/>	<input type="radio"/>
Jeff has not had the opportunity to lead	<input type="radio"/>	<input type="radio"/>
The business has a 'glass ceiling'	<input type="radio"/>	<input type="radio"/>
Sarah's analyst quit	<input type="radio"/>	<input type="radio"/>
Sarah is feeling stressed at work	<input type="radio"/>	<input type="radio"/>
Sarah doesn't have time for her kids, husband, or herself	<input type="radio"/>	<input type="radio"/>

Stressor in Your Life	Activity	Power of Two

Problems: Jeff is getting a divorce, Sarah's father is unwilling to step back, The business has a 'glass ceiling'; Symptoms: Sarah is overwhelmed, Sarah is worried about Jeff, Sarah is feeling stressed at work, Sarah doesn't have time for her kids, husband, or herself.