

Polarity Map

Sustained quality of life

Values = positive results from focusing on the left pole

Making a difference
Challenge
Stimulation
Good peer relationships
Get paid

Work

and

Home

Values = positive results from focusing on the right pole

Relax; rejuvenate
Comfort
Safety
Strong family relationships
Play and hobbies

House a mess
Stressed; exhausted
Strained relationships
No time for personal pursuits

Fears = negative results from over-focusing on the left pole to the neglect of the right pole

Not making a difference
Not learning/growing
Strained work relationships
No pay check

Fears = negative results from over-focusing on the right pole to the neglect of the left pole

Empty life

Deepen Fear from lack of balance

Action Steps

*How will we gain or maintain the positive results from focusing on this left pole?
What? Who? By When? Measures?*

Partner with diverse resources to strengthen work.
Learn new skills.
Measure outcomes to show impact

Early Warnings[™]

Measurable indicators (things you can count) that will let you know that you are getting into the downside of this left pole

Tired and unable to concentrate on family.
"You made it here. I am shocked."
Forget commitments.
Culture at home is stressed.

Action Steps

*How will we gain or maintain the positive results from focusing on this right pole?
What? Who? By When? Measures?*

Schedule time to be at home
Massage therapy
"Date" night
New hobby

Early Warnings

Measurable indicators (things you can count) that will let you know that you are getting into the downside of this right pole

Missed opportunities to grow and expand work.
Money tight; services not growing and improving.
Heavy workload leading to feeling of not mattering.

Polarity Map Template

N Noddings



Polarity Map Template:

This book delves into Polarity Map Template. Polarity Map Template is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Polarity Map Template, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Polarity Map Template
- Chapter 2: Essential Elements of Polarity Map Template
- Chapter 3: Polarity Map Template in Everyday Life
- Chapter 4: Polarity Map Template in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Polarity Map Template. This chapter will explore what Polarity Map Template is, why Polarity Map Template is vital, and how to effectively learn about Polarity Map Template.
3. In chapter 2, this book will delve into the foundational concepts of Polarity Map Template. This chapter will elucidate the essential principles that need to be understood to grasp Polarity Map Template in its entirety.
4. In chapter 3, this book will examine the practical applications of Polarity Map Template in daily life. The third chapter will showcase real-world examples of how Polarity Map Template can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Polarity Map Template in specific contexts. This chapter will explore how Polarity Map Template is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Polarity Map Template. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Polarity Map Template.

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