



# WORK LIFE BALANCE

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# The Work – Life Balance

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Work and personal world were once very distinct.

It is harder than ever to keep up with both your work and personal activities.



Activities and social spaces are becoming ambiguous.

# Some things people deal with on a daily basis

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Getting ahead at work

Spending quality time with your significant other

Caring for elderly parents

Doing chores at home

Taking care of children

Commuting to/from work



First, remember that the work/life balance can mean different things to different people.

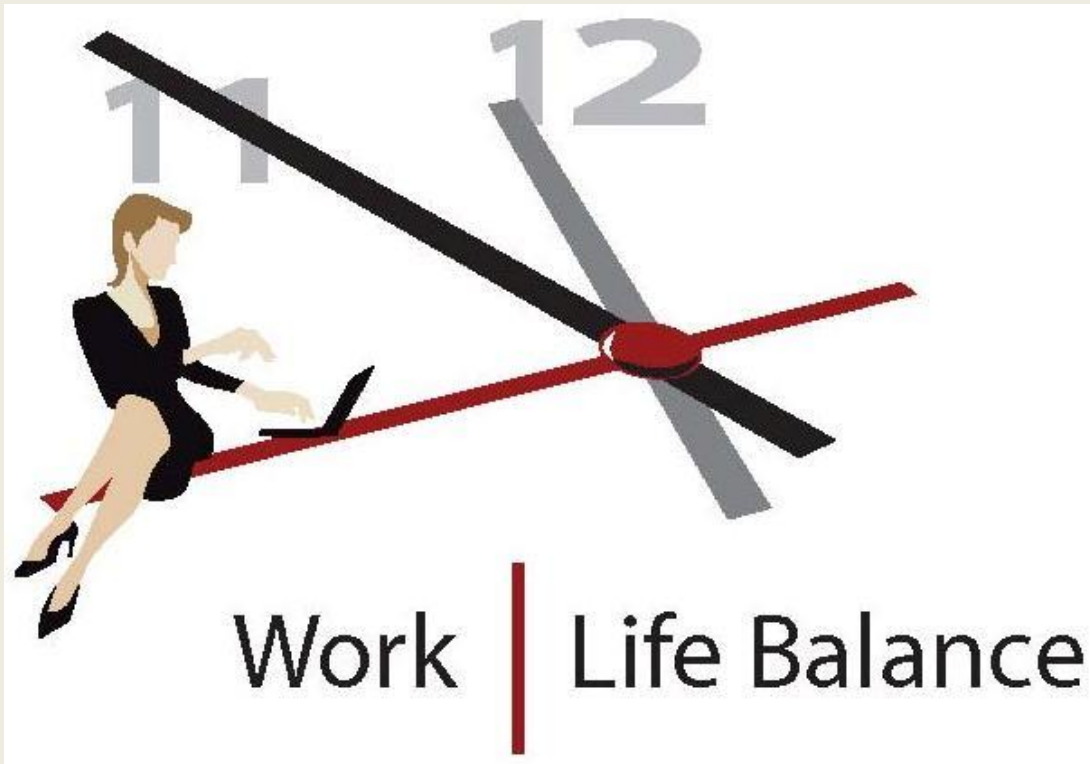
It can also change and mean different things to you at various points in your career.



You also have to be realistic.

If you set a priority (EX: advance in your career), you have to be realistic about what that will require.

So ... How  
Do You  
Restore  
Balance  
to your  
Life?



WHY? Why?  
WHY?

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Why do we want a higher Salary?

Why do we want a bigger house?

Why do we want a better job??

# Answer.....

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1. Sense of Achievement
2. Self Satisfaction
3. Resultant JOY!



# 9 Easy Steps towards WLB

## Simplify

- Learn to say “NO”
- No one is indispensable
- Stay at HOME. Listen to music Ъ Ъ Ъ
- CHILL OUT





## 2. De - Stress

Stress – higher levels of  
creativity

But “Take it EASY”

Else High BP!!

Take up:

- Yoga
- Painting
- Art of Living!





## 3. Be a Child

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Read Fairy Tales to your child

Take a pet

Eat cotton candy, ice cone

Go on holiday

An impulse outing with family.

NO one's looking!!



## 4. Share the Load

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In family, divide the tasks like Dusting...

In Work place :

- DELEGATE
- “Don’t do their fishing for them, Teach them how to fish”



## 5. Slow Down

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Do Not get pulled from  
different directions

One step at a time.

Let go to see light, discover  
new ways to get things done.



“All work and no play, makes Jack a dull boy”



Take a walk, Go to Yoga or Gym



Take up Sport, Pet, Hobby



Well balanced food



Please SLEEP zzz

## 6. Take Care of your Health

# 7. Don't Postpone

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Never Procrastinate

Avoidance takes up  
more energy than  
actually doing it





## 8. Have a positive Approach

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Look around you.  
So many things to  
be grateful about.

Make a list of  
things you are  
thankful for...

## 9. Take Charge

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Plan Ahead,

- Long Term
- Medium Term
- Short Term





## Final Thought on the Work/Life Balance....

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In the end, the key word is balance.

- Find the right balance that works for **you**
- Celebrate your successes and don't dwell on your failures.
- Life is a process .. and so is striving for balance in your life.





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What Ever You  
Decide To Do  
Make Sure It  
Makes You  
Happy





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