



Looking for a Better Work-Life Balance?

Start by asking yourself a few questions...

How do you define work?

Is work the time and energy you spend in exchange for money?

Whose money?

Who chooses how much time and energy?

Who chooses how much money?

What role do personal relationships play in work?

What does work mean to you, and why is it important?

How do you define life?

Is life the time and energy you spend doing things you enjoy?

Who chooses how much time and energy?

What role do personal relationships play in life?

What does life mean to you, and why is it important?

How do you define balance?

Is balance equal time, equal energy, or both?

When do you feel balanced?

When do you feel unbalanced?

How do you know?

What does balance mean to you, and why is it important?