

# Achieving Work-Life Balance Fact or Fiction?

Ruth Amarilla



What is Work-Life Balance?

Why do we want balance?

Benefits of Work-Life Balance

Tips for getting balance in our lives

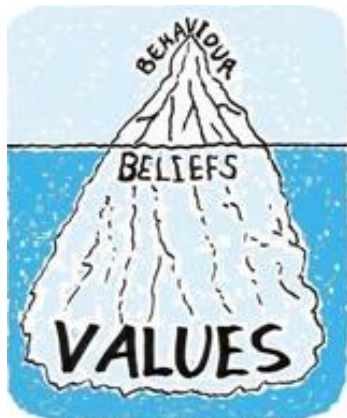
Work-Life Balance: Fact or Fiction?

# What is Work-Life Balance?

Balance means equilibrium

Balance creates a personal life experience of health and happiness

Balance is relative and it is different for each of us



Creating a life that reflects your personal values and priorities

Journey, not a destination

# Why do we want balance?

To live a satisfying life

To become a better version of ourselves



*The primary responsibility for creating this balance rests with each of us!*

## At Work:

Feeling more rested and energized

Working more productively and getting more accomplished, leading to a greater career success

More fulfillment from work

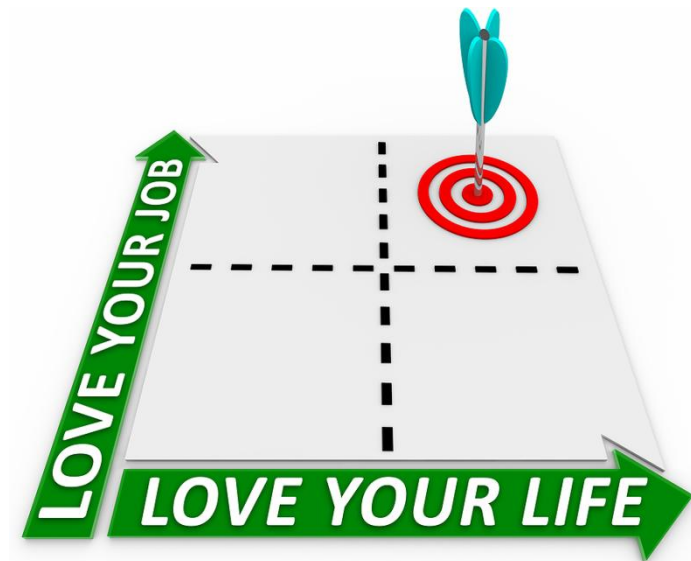
## In Life:

Improving relationships with family and friends

Better physical and mental health

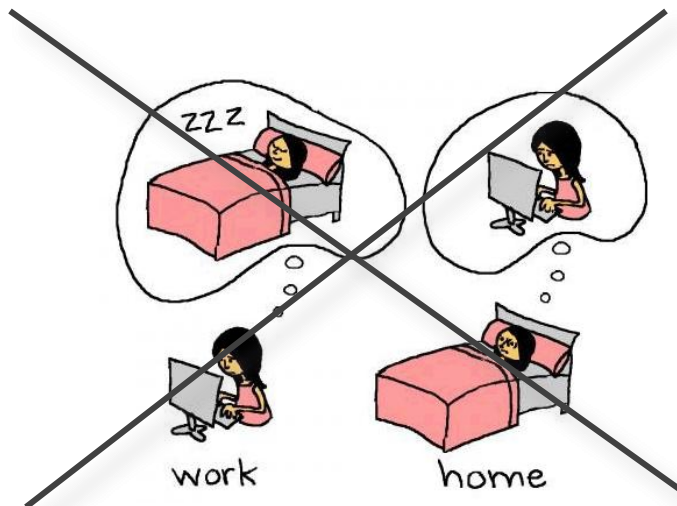
Making choices about your priorities rather than sacrifices among them

More leisure time to spend with loved ones, or time for yourself



- 1) Create an inspiring vision for your life
- 2) Establish priorities and make sure they are aligned with your personal values

- 1) Set inspiring goals
- 2) Strive for excellence
- 3) Love what you do



- 6) Manage your time and energy (increase and manage)
- 7) Keep focus
- 8) Combat negative thoughts and replace them with positive ones
- 9) Laugh

- 10) Avoid procrastination
- 11) Share responsibilities
- 12) Express appreciation
- 13) Seek and accept help from others
- 14) Simplify
- 15) Maintain healthy practices
- 16) Believe in yourself
- 17) Learn to accept change
- 18) Reassess when needed



Work-Life Balance is not about having it all but about setting priorities

These priorities are different for different people

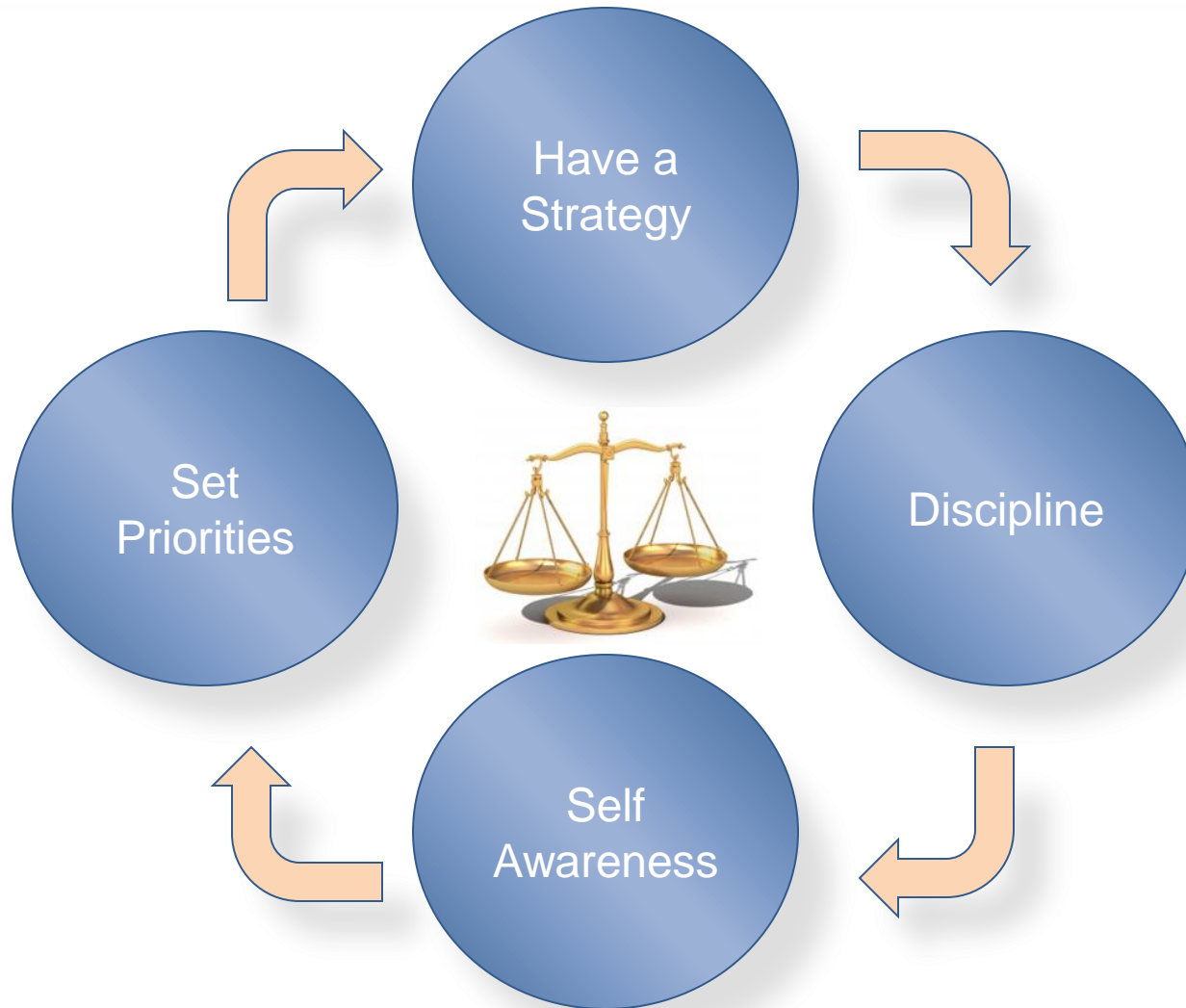
If we identify the outcome we are seeking, then we can drive our behaviors to get to that outcome

A journey of a thousand miles begin  
with a single step





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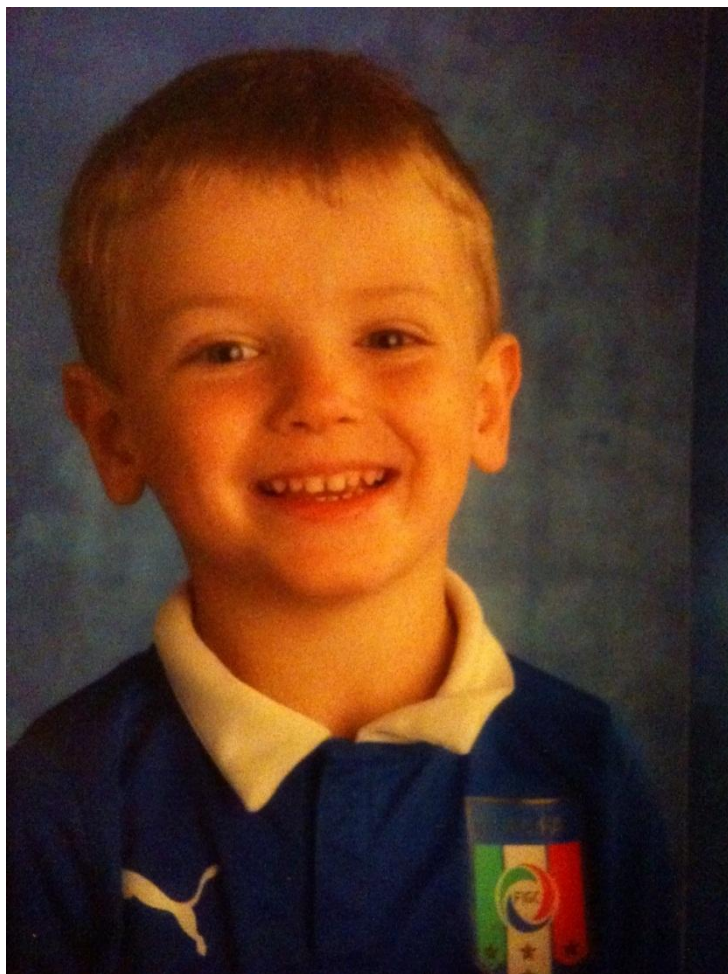


Balance is the key to a happy life

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**February 1<sup>st</sup> , 2013**

**Rauchelle Outtrim**



Nolan – September 6, 2007

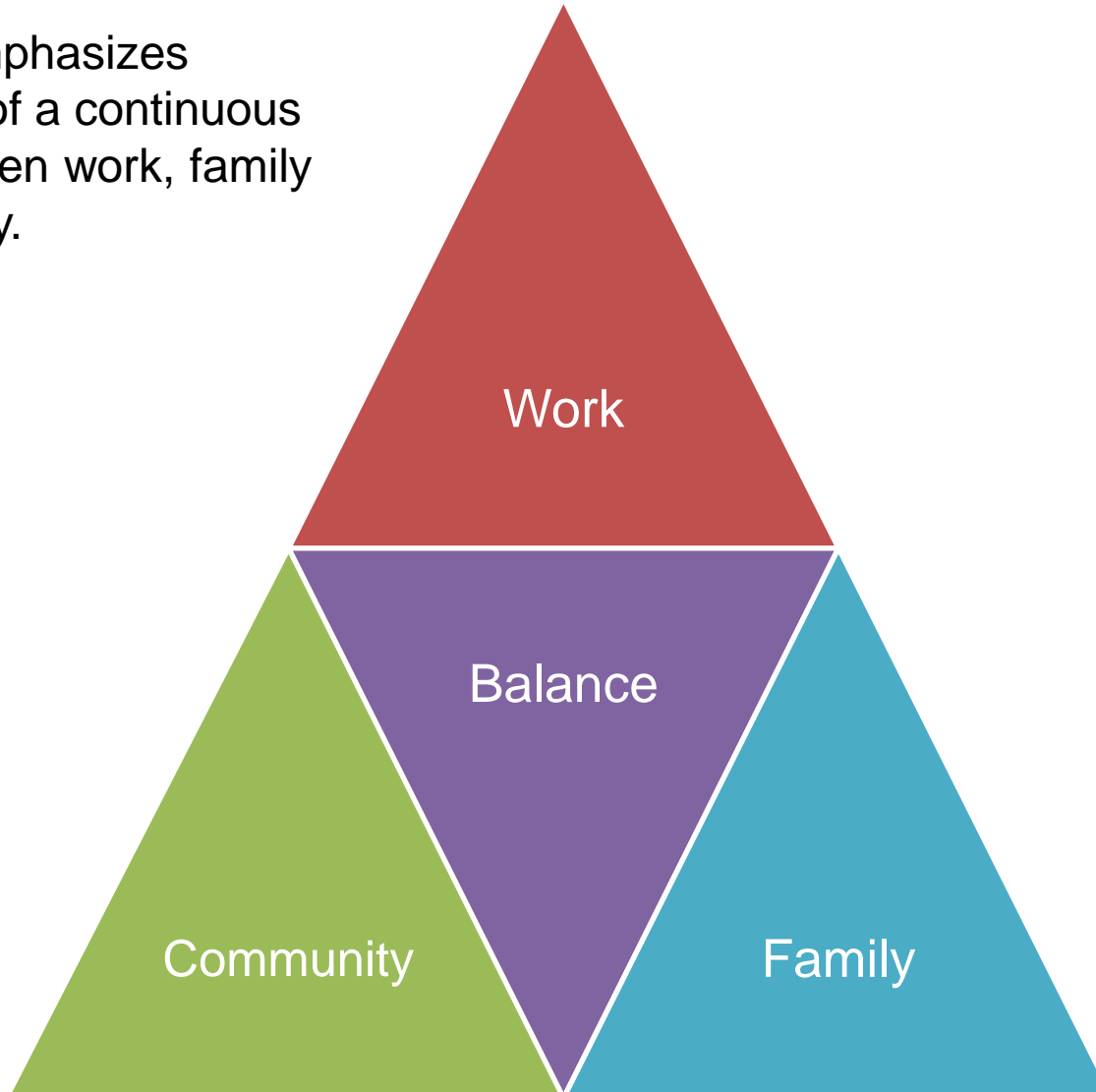
**Coming  
August 2013**

#2 – August 2013

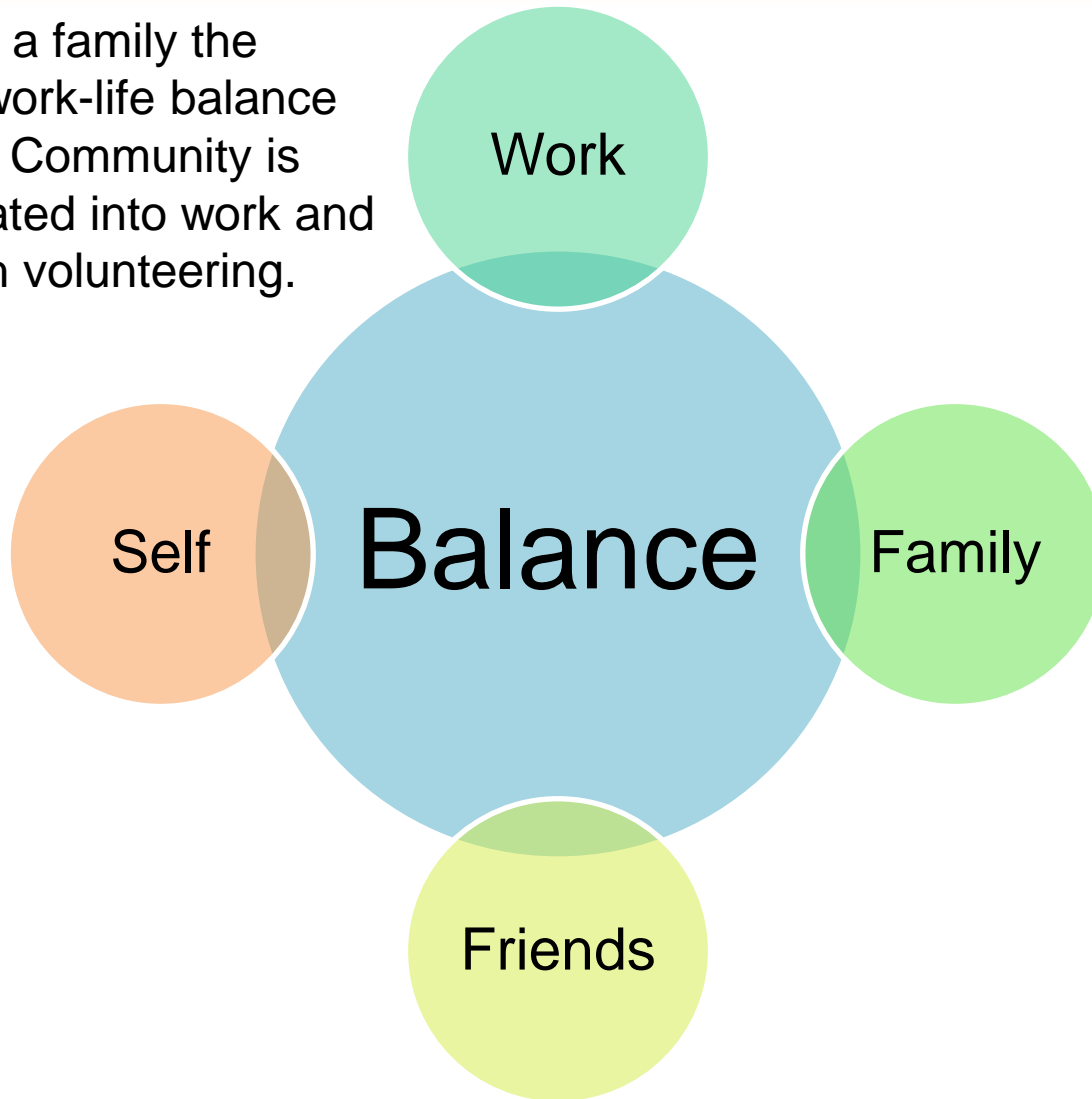


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This model emphasizes the necessity of a continuous balance between work, family and community.



Since starting a family the weighting of work-life balance has changed. Community is now incorporated into work and family through volunteering.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																
5:00 AM																							
6:00 AM		Rauchelle Work	Nolan AM drop	Nolan AM drop	Nolan AM drop	Nolan AM drop	Nolan AM drop																
7:00 AM			Nolan dayhome	Nolan dayhome	Nolan dayhome	Nolan dayhome	Nolan dayhome																
8:00 AM			Rick Work	Rauchelle Work	Rick Work	Rauchelle Work	Rick Work	Rauchelle Work															
9:00 AM	Nolan Soccer Game								Nolan school	Nolan school	Nolan school	Nolan school	Nolan school	Nolan Swim									
10:00 AM														Nolan dayhome	Nolan dayhome	Nolan dayhome	Nolan dayhome	Nolan dayhome					
11:00 AM	Groceries																		Nolan PM pickup	Nolan PM pickup	Nolan PM pickup	Nolan PM pickup	Nolan PM pickup
12:00 PM	Lunch																						
1:00 PM	Homework	Nolan PM pickup	Nolan PM pickup	Nolan PM pickup	Nolan PM pickup	Nolan PM pickup	Nolan PM pickup																
2:00 PM								Nolan PM Play	Nolan PM Play	Nolan PM Play	Nolan PM Play	Nolan PM Play	Nolan PM Play										
3:00 PM		Nolan PM pickup	Nolan PM pickup	Nolan PM pickup	Nolan PM pickup	Nolan PM pickup	Nolan PM pickup																
4:00 PM	Family time							Nolan PM pickup	Nolan PM pickup	Nolan PM pickup	Nolan PM pickup	Nolan PM pickup	Nolan PM pickup										
5:00 PM	Dinner	Nolan PM Play	Nolan PM Play	Nolan PM Play	Nolan PM Play	Nolan PM Play	Nolan PM Play																
6:00 PM	Family time							Nolan PM Play	Nolan PM Play	Nolan PM Play	Nolan PM Play	Nolan PM Play	Nolan PM Play										
7:00 PM	Nolan bath & bedtime	Nolan Soccer Practice	Nolan bath & bedtime	Nolan bath & bedtime	Nolan bath & bedtime	Nolan bath & bedtime	Nolan bath & bedtime																
8:00 PM	Clean up & next day prep							Nolan bath & bedtime	Clean up, next day prep, Rick and Rauchelle time	Clean up, next day prep, Rick and Rauchelle time	Clean up, next day prep, Rick and Rauchelle time	Clean up, next day prep, Rick and Rauchelle time	Clean up & Rick & Rauchelle time										
9:00 PM	next day prep	Clean up, next day prep, Rick and Rauchelle time	Clean up, next day prep, Rick and Rauchelle time	Clean up, next day prep, Rick and Rauchelle time	Clean up, next day prep, Rick and Rauchelle time	Clean up, next day prep, Rick and Rauchelle time	Clean up & Rick & Rauchelle time																
10:00 PM	prep							Clean up, next day prep, Rick and Rauchelle time	Clean up, next day prep, Rick and Rauchelle time	Clean up, next day prep, Rick and Rauchelle time	Clean up, next day prep, Rick and Rauchelle time	Clean up, next day prep, Rick and Rauchelle time	Clean up & Rick & Rauchelle time										