

DESIGN

# The lifestyle

YOU DESIRE

## Work / Life Balance



THE DEFINITION OF WORK LIFE BALANCE IS PERSONAL AND INDIVIDUAL, BUT THE FOLLOWING QUESTIONS CAN HELP YOU WORK OUT WHAT YOU PERSONALLY NEED TO REVIEW REGULARLY.

How many hours a week am I working? Am I being productive in those hours?

Am I bringing work home with me? How often do I work in the evening?

How often do I take a lunch break? Do I need to work through my lunch hour?

Am I able to switch off at the weekend? Am I thinking about work all the time?

How am I using my phone/tablet? Is it keeping me too plugged into work?

Am I taking my holidays? Do I take work on holiday with me? Am I contactable by work when I'm on holiday?

Do I have any interests outside work? How much time do I make for them?

Have I missed any family events because of work?

Am I managing to spend quality time with family/friends on a regular basis?

Am I often late to collect my children from childcare/school?

Have I made time for me to recharge?

What is my mood like? Am I snappy with loved ones? Do I feel anxious about work/guilty about home?

### DO YOU:

Exercise regularly?

Eat right?

Surround yourself with people you like and respect?

Live in an area that fits your lifestyle?

Stay organized?

Sleep enough?

Work according to your values?

Confront your problems?