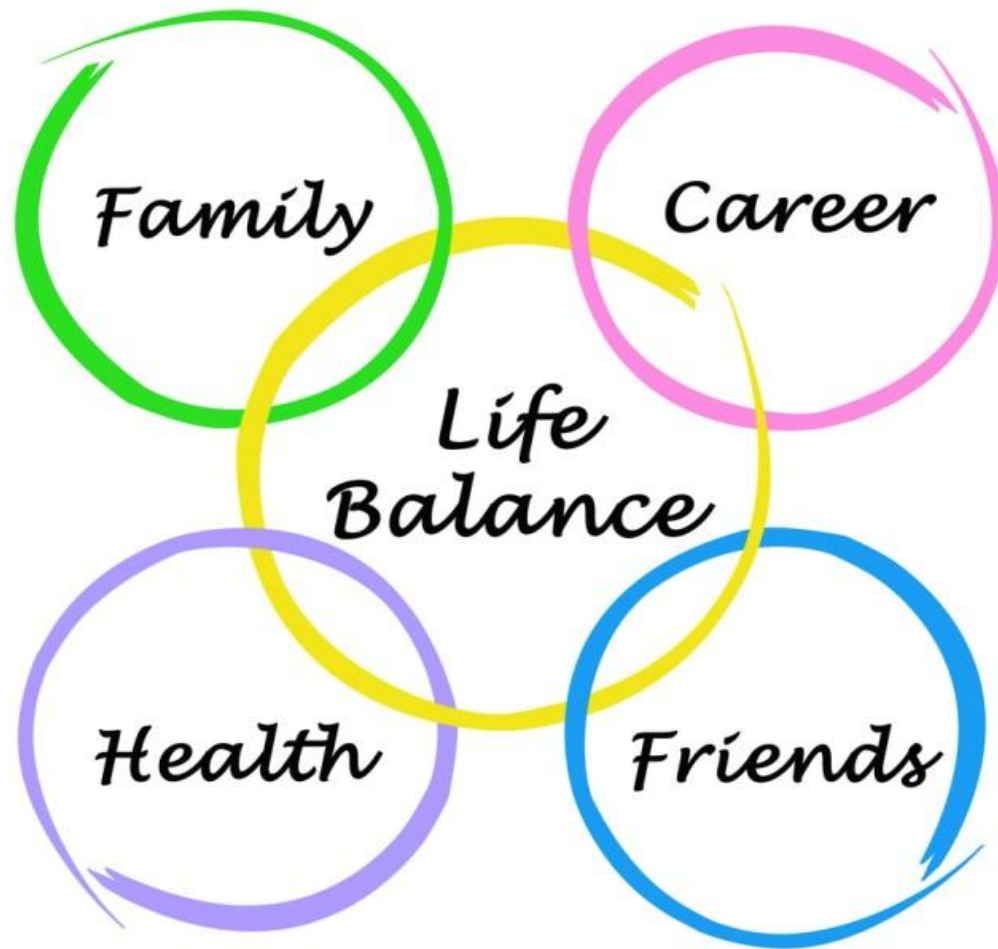


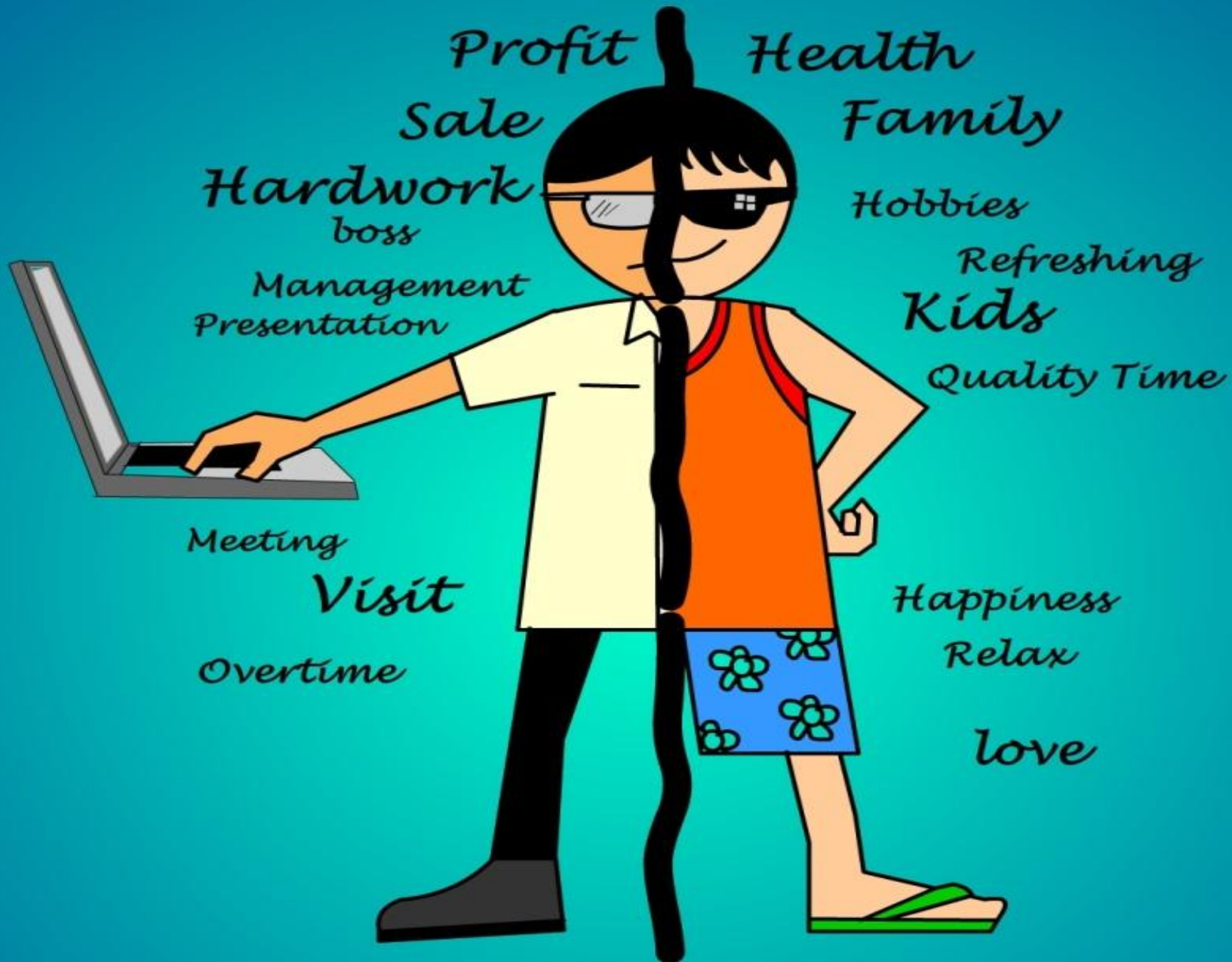
If you drop the **rubber ball**, it will bounce back.

If you drop one of the **glass balls**, it will be damaged, or even shattered and will never be the same as it was before.

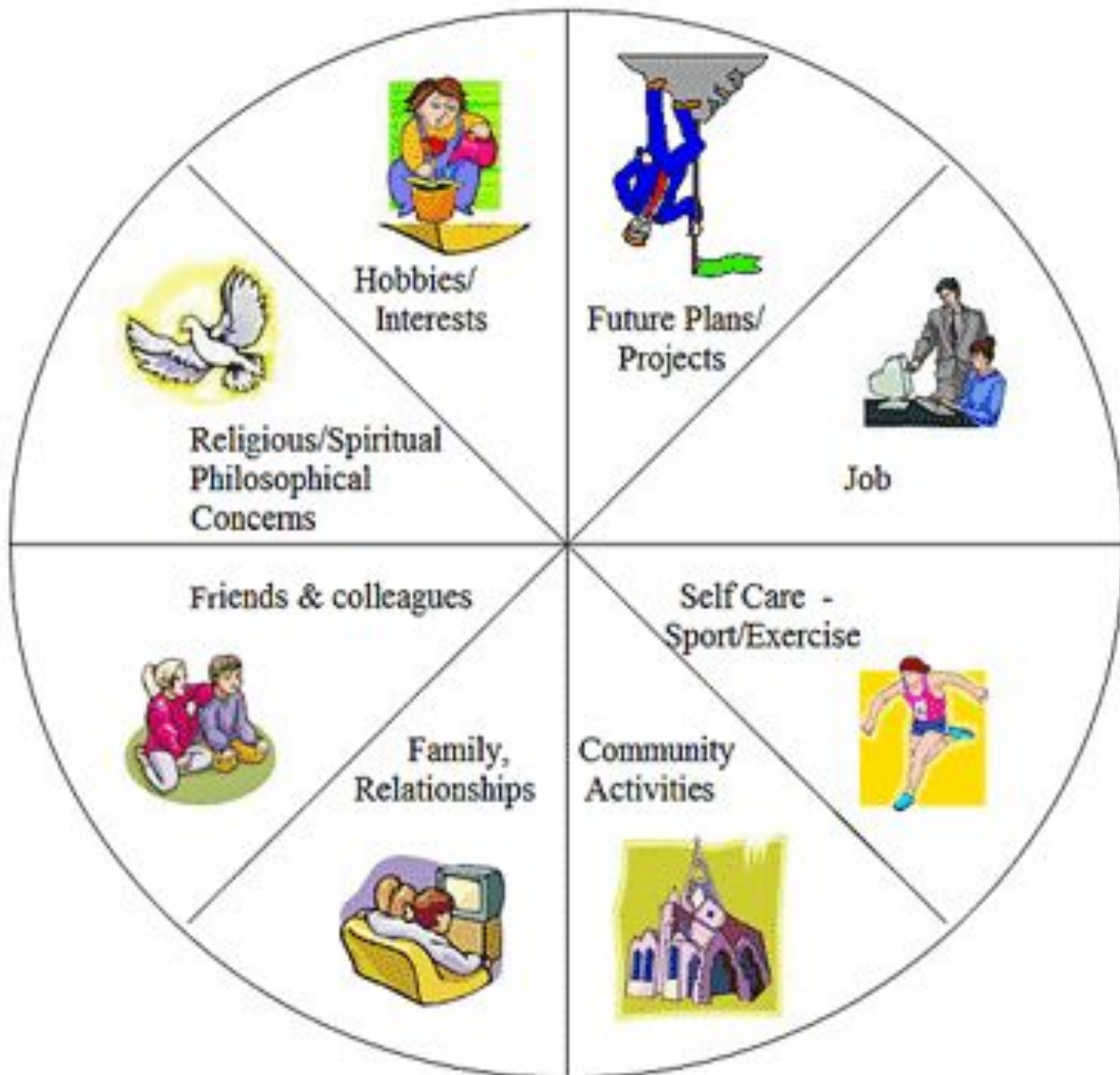
What is really a life-work balance?







Work-Life Balance



Balance is not better
time management,
but better boundary
management.

Balance means making
choices and enjoying
those choices."

**“SO THERE’S NO SUCH THING AS WORK-LIFE
BALANCE. THERE’S WORK, AND THERE’S LIFE,
AND THERE’S NO BALANCE.”**

SHERYL SANDBERG

© Lifehack Quotes

There is no such thing
as work-life balance.
Everything worth
fighting for unbalances
your life.

Alain De Botton

**“DON'T CONFUSE
HAVING A CAREER
WITH HAVING A
LIFE.” — HILLARY
RODHAM CLINTON**

**“YOU CAN LOVE YOUR JOB, BUT
YOUR JOB WILL NOT LOVE YOU
BACK.” -- CATHIE BLACK, FORMER
CHAIRMAN AND PRESIDENT, HEARST
MAGAZINES**





BILLS

WORK

DIET

DEADLINE

HOMEWORK

MOTHER

GYM

MEETING

DINNER

KIDS



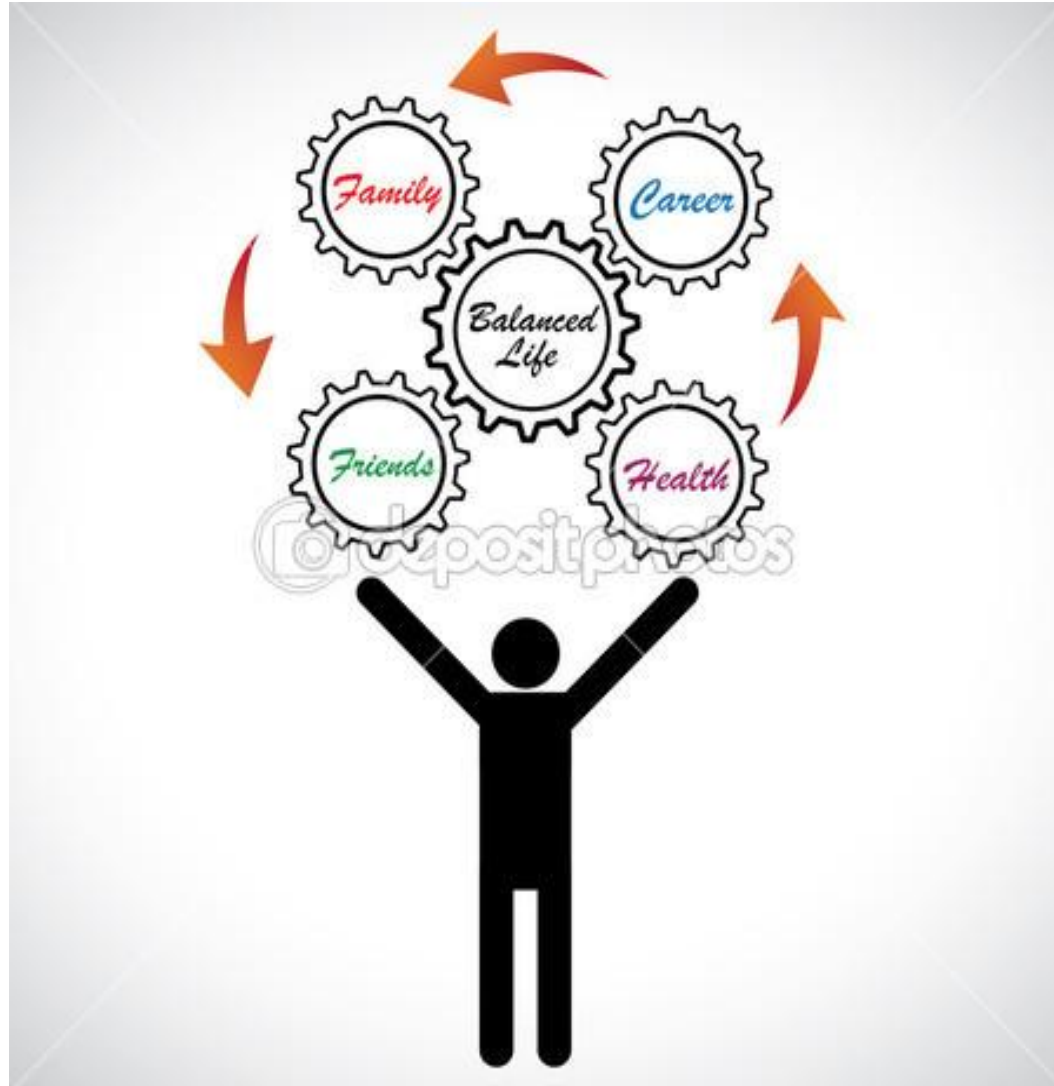
Discuss the following questions(moving lines):

- How much time do you spend at work?
- Do you usually look forward for Friday?
- What is it to be completely fulfilled in life?
- Do you consider your life fulfilled?
- What actions give you the least joy? Which ones give you the most joy? Are they present in your daily life?
- What three things do you do in your daily life that have absolutely no relevance to work or life fulfillment?
- What are you willing to give up?
- What are some signs that your life is in balance? Out of balance?

Reasons to maintain life-work balance

- Negative impact on family life
- Fatigue
- Health decline
- More work
- Missed milestones
- Burnout

How to maintain life-work balance?



never get so
busy making a
living

that you forget
to make a
life