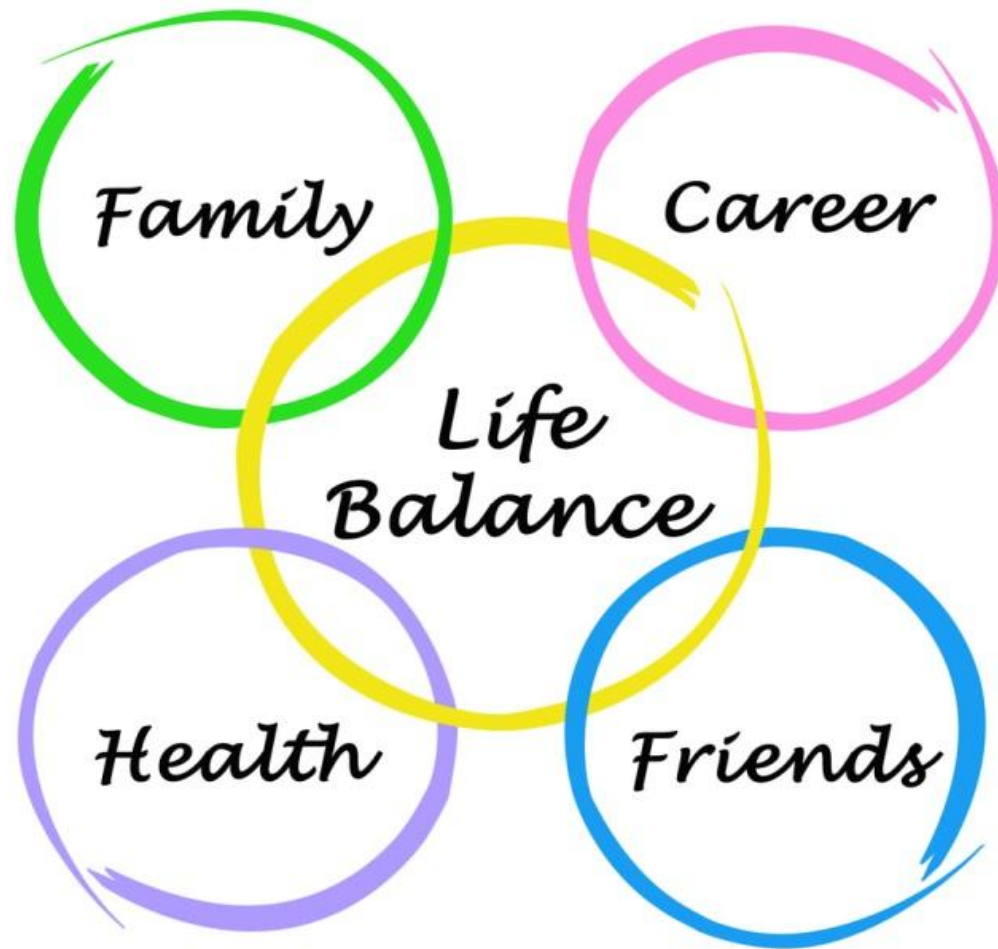


If you drop the **rubber ball**, it will bounce back.

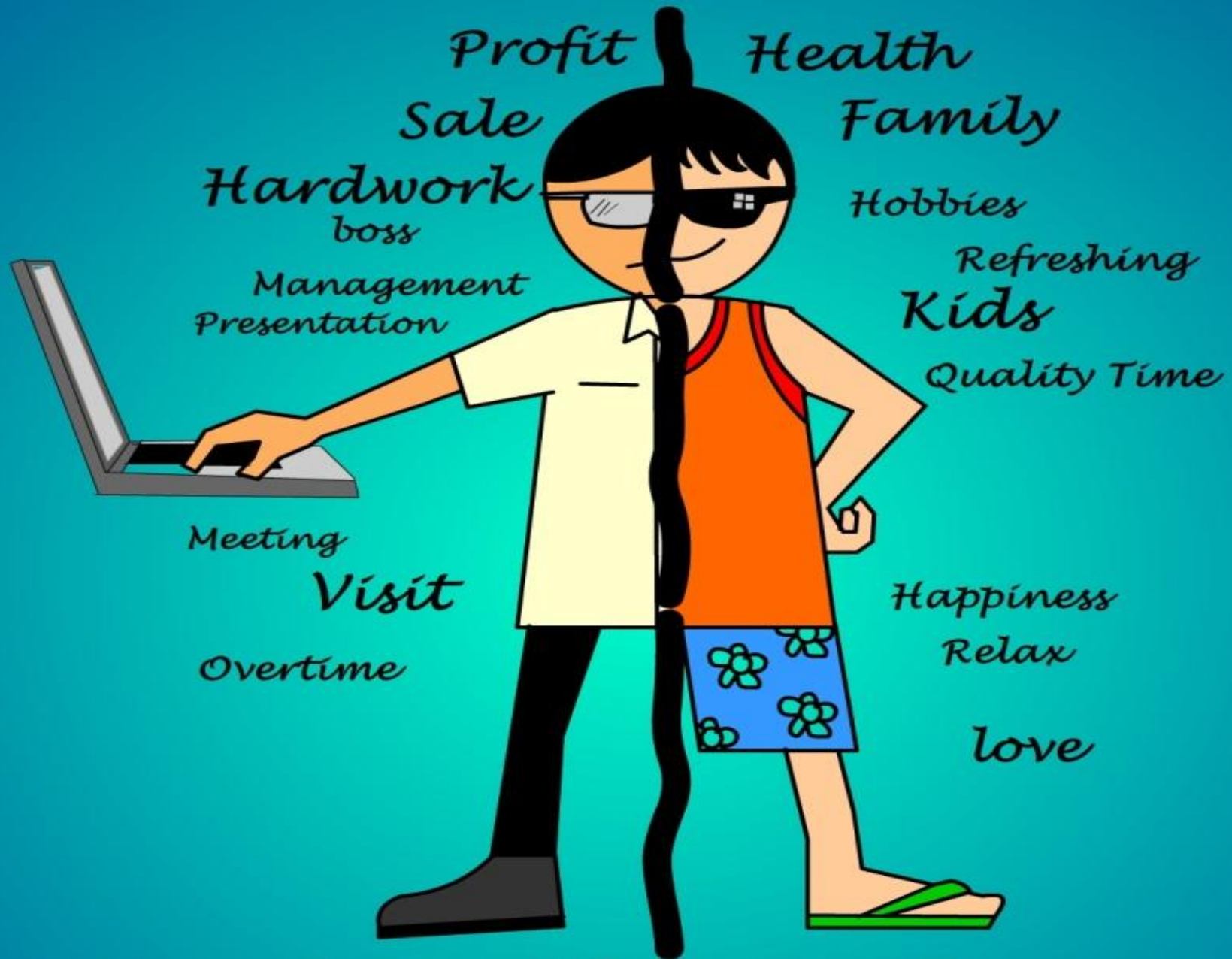
If you drop one of the **glass balls**, it will be damaged, or even shattered and will never be the same as it was before.

# What is really a life-work balance?

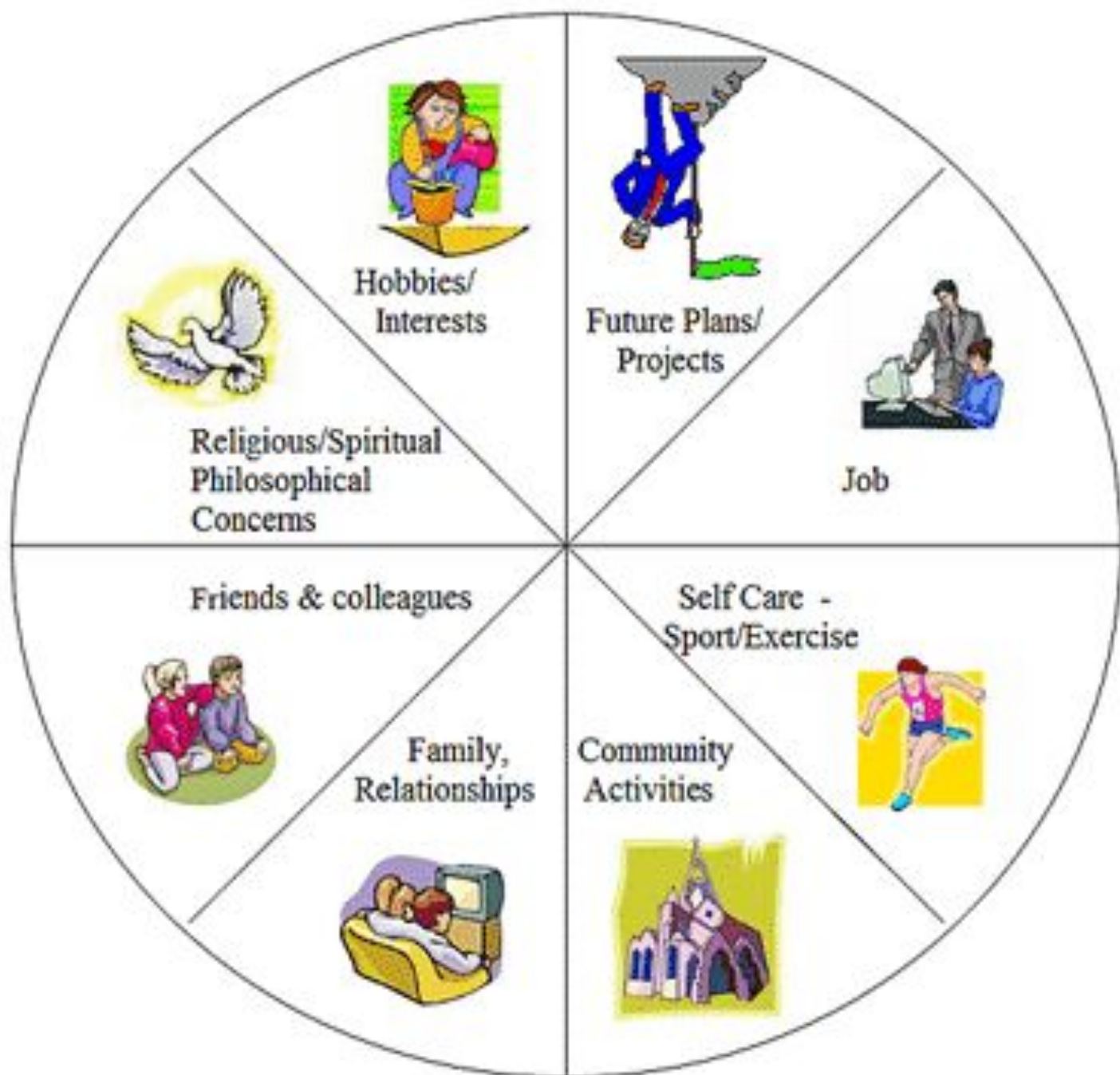








# Work-Life Balance



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**

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

MOTHER

MEETING

KIDS

GYM

DINNER

HOMESCHOOL





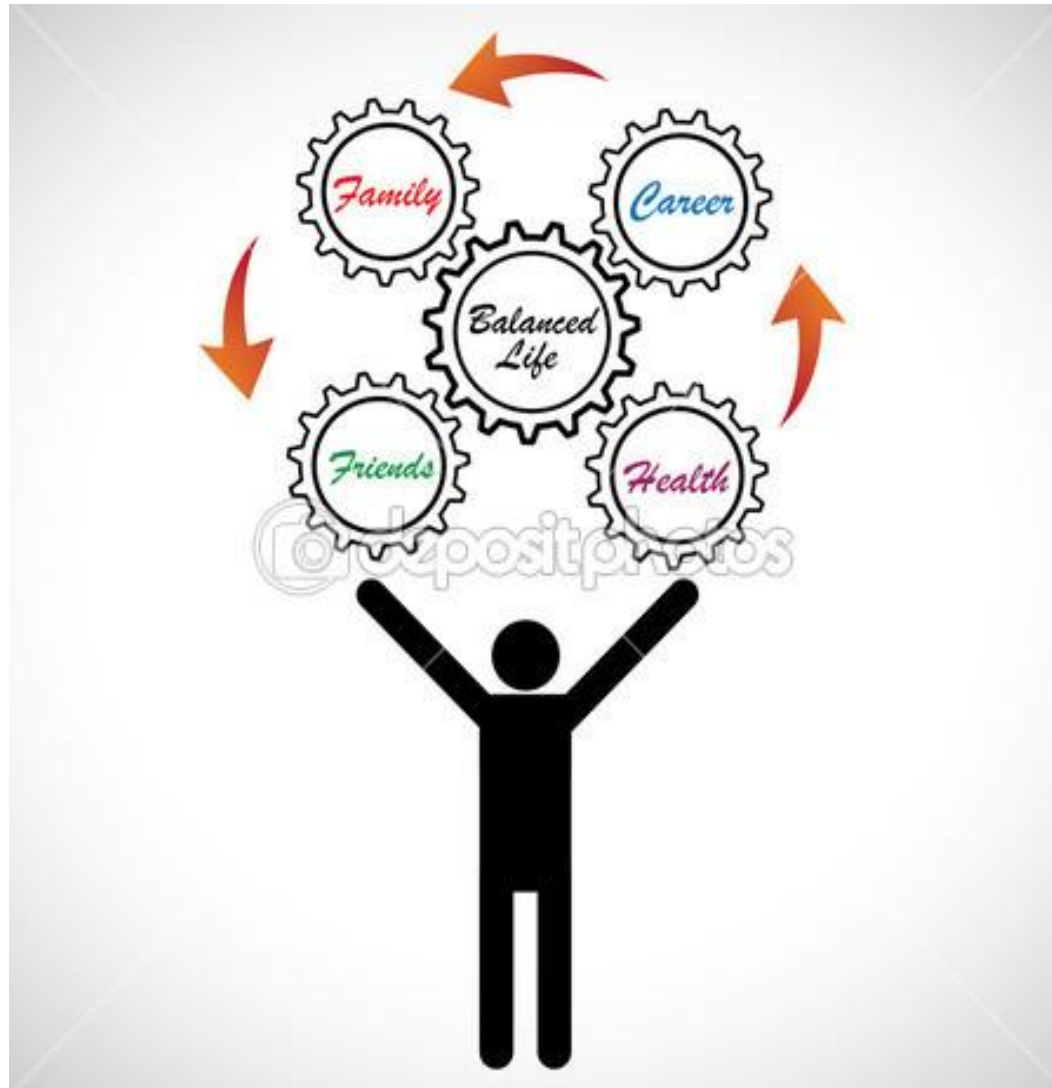
# Discuss the following questions(moving lines):

- 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**