



### **Work Life Balance Questions:**

1. Are all your eggs in one basket? Best adjusted people force themselves to structure off work activities with goals and plans. Otherwise work drives everything else out
2. Balance has nothing to do with clock time: it is how we use time we have. Conversations with spouse, sports, workout, friends, spiritual, hobbies.
3. Can use your structure and organizational skills off of work too.
4. Make the off work life more exciting. Passions outside of work help us refuel
5. As a leader, your team will model your behavior so a critical skill. "Remember you told me your former boss was very athletic? It was important to him for stress relief and fun. I would like to challenge you to find something you can cultivate for a out of work passion!"
6. If you love work and are happy but a workaholic, look at yourself 10 yrs from now, find 3 people who remind you of yourself but are 10 yrs older. Are they happy? How are their personal lives? Any problems with stress or depression? If you aren't protected with balance, your effectiveness will eventually suffer.