

The Idea behind a work/life balance means incorporating variety into your everyday life. This includes getting adequate amount of sleep, exercise, time to learn and advance yourself, work commitments as well as time for yourself to with it whatever you want. All this facets are necessary and must be fulfilled. I have tried and implement many daily schedules along side various sleep schedules to maximise creativity as well as sustain my business. I work remotely and have done so for the past 4 years. I work as sound clean up technician and I also provide mastering and music production, a very lucrative business. The entire aspect of my work requires I keep up-to-date with standards, ensure customer satisfaction, and a level of commitment to do the work. All this require me to be at my best, this includes being healthy, well rested and fully recharged. I believe in optimization, working when you are most optimized to do, and gradually introducing a variety of things to your day. Working over 5 hours is for autonomous drones and androids, the aim is to optimize your workload. Get more down with little effort. Efficiency. One needs to adopt a breakdown work strategy and implementation system to get everything done. My line of work requires a lot of creativity and creativity can come from anywhere. Creativity comes and goes. You always need to be on your toes to keep up with it, this means a flexible schedule. One-tailored for you and you personally. Below is a sample of the schedule I use and have consistently used for so many years with a bit of variation between tasks to spice it up a bit. I have made it rather broad and leave the reader to replace what is most applicable to them. Different strokes for different folks.

00h00-03h00	Sleep
03h10- 05h00	Learn
05h00-08h00	Sleep
08h10 – 09h00	Exercise
09h15-10h00	Breakfast
10h15 – 11h00	Work
11h15 – 12h00	Work
12h00 – 13h00	Exercise
13h15-17h00	Have lunch and Play
17h15 – 20h00	Dinner
20h15 – 21h00	Learn
21h15 – 22h00	Exercise
22h15 – 23h15	learn

Learning	The time for learning can be used to learn various things, ranging from technical material, to production, finance, investments, art, history, literature, etc, and can quite also be used for introspection and self uplifting programs
Morning Exercise	Morning exercise can be slow or fast-paced depending on the moody upon waking. This can range from yoga, Qiqong, Stretching, Or running.
Mid-day Exercise	Again this can range from mid-paced to fast-paced depending on mood. Martial arts, running, swimming, etc
Play	The idea behind playing means unscheduled duties really, unless of course if you take play seriously like me. Play by doing whatever brings you joy. Be it having friends over, playing arcades, people watching, lying down, counting your fingers, dancing, etc
Late exercise	This ideally should be light as I will be preparing for, and can rather from stretching to other slow paced exercises like Qiqong or tai-chi

This schedule is only maintained from Monday to Fridays and over the weekend I make sure I have nothing scheduled that way I play or do whatever the hell I want without worrying about following any schedule or missing any deadline. I, in particular, like to use the weekend to over sleep and over play and hence this keeps me refreshed over the week to carry on doing some work and learning.

One could easily reduce the amount of time learning and increase the amount of work time during the week and make up for it during the weekend. Do what you prefer. To benefit greatly from working remotely, you need a schedule and the right tools for your trade. Find out what they are and schedule the time when you can use and should use them. Once that is done, working remotely becomes ultimately easy.