

Work Is Always Going To Be Work **HeroX Hacking the Work-Life Balance Challenge**

By Priscila Pinho

Ideas to achieve Work-Life Balance

1. **Be healthy:** is your body and brain the ones you need to do your work so you have to take care of them. Health is a balance of success in 4 main areas:
 - a. Diet: eat healthy most of the time, at least 75% of all you eat.
 - b. Physical Activity: do at least 30 min 3 days a week of moderated exercise.
 - c. Social Environment: coexist with your family and friends and choose a job in that you love, enjoy and satisfy you.
 - d. Spirituality: go to church, do yoga, be part of a foundation, help animals, etc. Commit with life. Once you find the body, mind and soul balance, it's a lot easier to do pretty much everything.
2. **Plan:** make an schedule will help you to prepare yourself for the day to work at home as if you were going to go out to work. You can have a weekly or a day-by-day plan but is important to include the 4 health areas in any plan you make. This will help you to not multitask and to deliver your work on time. Examples: wake up early every day, take a shower every day, have your meals at the same time every day, work the same ours every day even you distribute them differently in some days, go to bed early every day, etc. (Other related advice: plan your life for every year at least with 5 main goals per year).
3. **Take advantage of the morning:** choose the most difficult work tasks to be done in the morning.
4. **Have an Office:** even in your house you have to choose an especial place to work separate to the place you sleep, eat or entertain. You will always work at your office. It can also be a park, a coffee shop or a library; anywhere you can be the most working effective but not your bedroom, dining room or living/family/TV room.
5. **Drink enough water:** always avoid coffee (never drink coffee!) and only use water to hydrate yourself. Drink at least 2 liters a day and you will have a lot of recesses when going to the restroom that will help you to clear your mind and also your urinary tract.
6. **Know yourself:** analyze yourself and learn what is the best way you are more effective.
7. **Leave weekends for pleasure:** do not act during the week as if you are on vacation. Do not distract yourself and waste the time you already have scheduled in other things. Only make the exceptions you would usually make if you were working in a company office.
8. **Have a Boss:** if you are a disciplined person, you can be your own boss and make a frequently self-analysis. If you are not a disciplined person, you can talk about your work with a person you trust or you can ask the company you work for to routinely ask you for advances in your job.
9. **Rest Intelligently:** sleep 8 hours during the day every day, at least 6 hours without interruption in between 9:30PM to 3:30AM. Not only your body but also your brain will be restored and you will have a better performance. So simple but more important than you think.