

My approach is like using a set of ingredients and combining them fluidly each day, yet always keeping several core elements. Core elements are simple concepts like choosing work I'll enjoy and learn something interesting from; organizing my week with at least several blocks of hours long enough to focus on work tasks and achieve some high productivity Flow State [1]; leaving time each week for less focussed reflection, exploration, learning, entertainment, socializing, nature and exercise.

Activities which combine benefits, such as reading for pleasure and work at the same time, taking time in nature for relaxation and exercise but also for less focussed reflection about work projects, or socializing with friends who are also work partners or associates, help with balance. These activities don't separate into personal/pleasure vs work/business categories, since they coincide in both. That's an aspect which makes this life style so fulfilling.

Working to deadlines in my calendar is important. They provide structure and let me know when I need to work and when I can fit in other activities. With deadlines the pressure for results ebbs and flows. There might be building pressure for a week, or maybe a month to complete a task, but then there's room again to fit in more stress reducing activities.

I find and reach out to people who have similar ideals or motivations and create collaborations. This helps keep project energy alive and helps with establishing deadlines to keep projects rolling forward. Committing to delivering something to a collaborator is a powerful motivator to getting it done.

I also believe adequate sleep is important, including sleeping on your natural cycle. Everyone is different and forcing yourself to go on someone else's sleep schedule increases life friction.

Working at tasks I want to do, rather than what someone tells me to do makes life so much better already. Having an intense sense of curiosity about most everything seems to be a key for me, and means I don't have to keep work and life so separate.

Finally, work-life balance takes vigilance and correction to circumstances, and isn't one unchanging prescription.

References:

[1] <http://www.stevenkotler.com/>