

Work-life Balance

“Everything in moderation, including moderation.” -Oscar Wilde

Let's acquire and cherish ourselves and fall in love with our life. It's time to wake up to the power we have in your own life! Here we go with few tips that can make us our own advocate and will give clarity and insight to maintain our work-life balance.

Play the detective - Make a list of priorities for everyday and accomplish as per your set order, which can include to look amazing, building a home that makes us feel peaceful and inspired, separate work room with office equipment's, maintaining work out, and eating with delight rather than guilt, creative lifestyle etc. Cross off the draining jobs that could be removed without affecting anyone.

What rules can we break - How awesome it would that be if anytime you really wanted to say no by not thinking of excuses or adjusting it in our tight schedule you could just simply say it: "Nope." It's pleasant to be helpful, but it's not a bad deal to maintain our equilibrium. The method is little harsh but practical. Just ask yourself -

- Can it wait
- What am I paying for it (Not just financially)?
- Am I the best one for the job?
- What is the worst that can happen if I don't?

Makeover – When it comes to our mailbox, desk, wardrobe let's keep it sorted. Less things less stress. Get rid of what doesn't serve you. Try 'must-should-want' table to simplify.

We don't know how to unplug – Try switching off all the technologies once when off from work, whether it be internet, laptop, mobile, television, watch or Ipad, just to spend a stress free time with your family, friends, pets. My personal love is a walk in fresh air, pillow talk with my man, healthy breakfast and a game with my dog.

When life gets busy, interactions gets limited – Date nights at home, asking advice from spouse, couch dates, meals together, backyard games, surprises, humor maintains the spark of a relationship.

Life is easy - let's not complicate it by becoming a Superwoman/man in all areas of our genres. Stop challenging your boundaries and do what you enjoy doing. Happy soul is the content one. We take up difficult paths thinking that will lead to success. But it doesn't have any meaning to reach the top with nobody by the side to share the happiness. Make time for what matters and walk hand-in-hand.

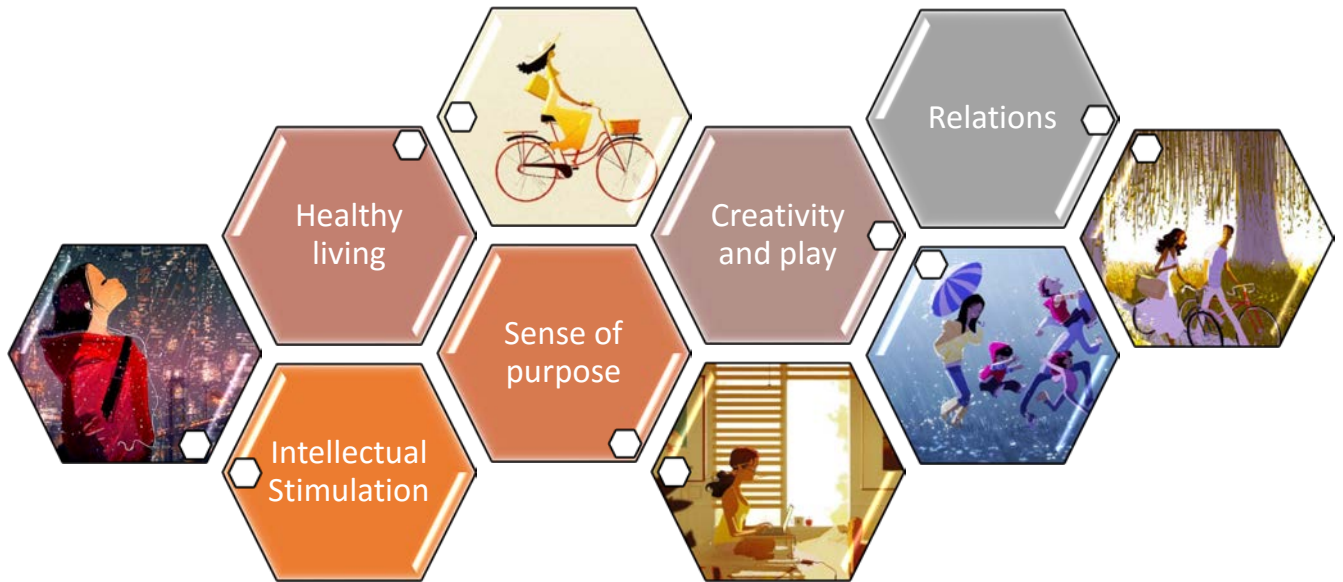
Over time, positive habits and changes would feed into each other and reward on multiple levels. Be the emperor of your life and your routine and rest will follow.

Sit on every flower like a honey bee to get the nectar,

No stone should remain untouched nor any sector.

Inbox directs and applications notify,

Prioritization or creativity what will simplify.



<u>Less</u>	<u>More</u>
Planning	Doing
Frowning	Smiling
Lazing around	Working out
Doubting	Believing
Complaining	Encouraging
Clustered holidays	Planned Weekends
Noise	Music
Junk food	Salad
Soda	Wine
Brunches	Breakfast
Naps	Sound sleep
Late schedules	Pushing back clock
Phone apps	Backyard games
Distractions	Focus
Tedious tasks mail	Recognition and celebration