



**Getting Stuck
in the Middle:**

**Battling Work-
Life Balance**

Presented to:
Tomorrow's Top Producer
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Stuck in the Middle?

- Between:
 - Work and Leisure
 - Career and Family
 - Generational Expectations
 - Self and Others
 - Needs and Wants
 - Legacy and Immediacy
 - Happiness and Accomplishment
 - Results and Activities



Lots to be stuck between!

Work-Life Balance – Myth or Reality

- Life is filled with peaks and valleys
- Each person is unique in their life rhythm and destination – their “balance” definition
- Would “balance” require pleasing everyone’s expectations?
- True balance would require perfection
- “Balance” implies equal time
- Implies there is a “fix me” solution
- “Balance” implies a destination
- “Balance” = “either – or”



So What is the Real Question?

- Try one of these on for size:
 - What do you want in life that you currently do not have?
 - What would a meaningful life look like?
 - How do you define success?
 - How are you measuring your life today?
 - How do you want to measure your life tomorrow?
 - Is your ladder leaning against the right wall?



Today

- Focus on these questions
- Understand that the solution is in your hands
- Define what you want in life today
- Define – success and “just enough”
- Build a personal kaleidoscope
- Establish the expectations
- Gain tips
- Consider a strategy to build a life of meaning, a life of focused-purpose



Define What U are Searching For

- Using the worksheet, begin to define your life purpose:
 - How do I want to be remembered in life?
 - What holds meaning for me?
 - Why am I here?
 - What do I most want to impact?
 - What do I most want to have in life?
 - What brings me happiness?
 - When I look in the mirror I want to be able to say...

Define What U are Searching For

Using the worksheet, complete this grid:

FUTURE	ACHIEVE: <ul style="list-style-type: none"> What is missing that I want? What result do I want for tomorrow? 	AVOID: <ul style="list-style-type: none"> What do I need to make sure I do not start? What behavior could get in the way tomorrow?
	PRESERVE: <ul style="list-style-type: none"> What do I currently have that I want to continue? What is working/ good? 	ELIMINATE: <ul style="list-style-type: none"> What do I currently have that I no longer want? What is getting in the way?
CURRENT	WANT	DO NOT WANT

Define What U are Searching For

Consider: What is Success, to You?

Discuss and Define

Now consider: 4 Components of Success

- Happiness
- Achievement
- Significance
- Legacy



Your Success Kaleidoscope

Happiness

Legacy

Significance

Achievement

Self
Work
Family
Community

Your Success Kaleidoscope

Now using the worksheet consider your kaleidoscope as it is TODAY!

Happiness

Legacy

Significance

Achievement

Your Success Kaleidoscope

Looking at your completed kaleidoscope consider:

- How integrated? Empty areas? Some too full?
- How varied?
- What have you learned? Where is your time going? How does it speak to what you really want in success?
- What needs to be changed?
- What do you want for the next 5 years?



Your Success Kaleidoscope

What Do You Want in the Next 5 Years?

- The “wince factor” - you need to hit all four categories otherwise one win will fail to satisfy you.
- Keep your talents and values while pursuing the 4 categories.
- You need to define “just enough” because to obsess over one category is to fail in the others. Deliberately impose limits on your expectations in each category.



Defining Success = Defining Balance for YOU

- So you have begun to consider your vision of what you want, of success, of control and balance for you.
- This may take a bit more thinking and writing then create a plan of action.



A Few Life Success Tips

- Spend 10% of time creating and monitoring your life plan.
- Set appropriate expectations at home, at work, in the community.
- Make it a rule to BE PRESENT, in all that you do!
- Stop measuring productivity or accomplishment by "hours worked".
- Ask self: what have I learned and how will I do it different tomorrow?
- Make sure activities add value or move to results!



A Few Life Success Tips

- Understand and use your life rhythm to maximize on your energies – physical, cognitive, emotional and spiritual.
- Be sure to create your space – physical or in your head.
- Identify what will get in the way of integrating the 4 components and be prepared with a response...just in case.
- Define your limits for yourself and then tell them to others.



A Few Life Success Tips

- Get an ally – a coach, support or friend that will help you hold yourself accountable.
- Eliminate the morning madness – plan and implement a non-hurried morning routine.
- Identify times that are limited to family or friends. Make dates.
- Rewrite your "shoulds".
- Limit the options – pick 4.
- Simplify workplace and home processes.
- "Care about" but do not "take care of" others.

- "Life is filled with peaks and valleys. Instead of worrying that we are not "in perfect balance", we should celebrate the times when we are off balance - as these are most usually the times we will learn the most."
- The question is what is getting in your way to define and achieve the life you aspire to?
- It is not what you know but what you do that will make the difference. Go DO!

