



**The Work Solutions Group**  
because work matters....

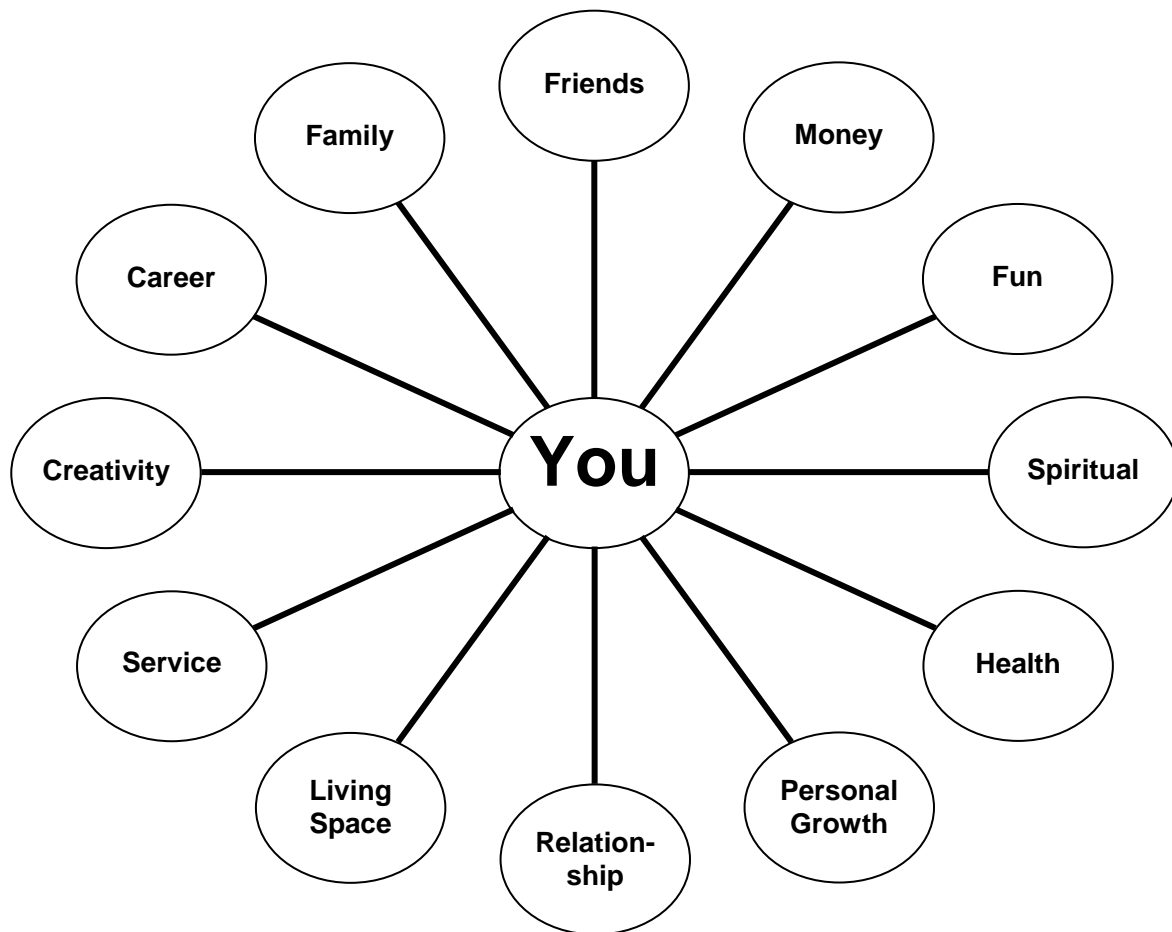
## **Is Your Life Interfering With Your Work?**

Sometimes problems we're having at work have nothing to do with the work we do, where we work or who we work with. Instead, the problem is what's going on with us *outside* of the workplace. Have you ever known anyone that was going through a divorce, having trouble with their kids or going through bankruptcy? These kinds of issues *definitely* affect us at work.

So in addition to paying attention to our issues at work, it's imperative that we pay attention to our life outside of work. A lot has been written about work/life balance. In reality, there are so many areas *besides* work to balance. We tend to focus on work, simply because we spend so many waking hours there.

When we talk about balancing our work life with our personal life, there are many different areas that need to be balanced for us to feel whole. Our *life* can be broken into the following 12 different areas: Family, Friends, Career, Money, Fun, Creativity, Spiritual, Health, Personal Growth, Relationship, Living Space and Service.

Now we may each define these areas differently and for some people, one or more of these areas may not be important at all to feel balanced. The important question to ask yourself is: "*Am I happy with the way things are in this area?*" Look at the diagram below and next to each area rate yourself from 1 to 10, on how satisfied you are in that area, 1 being not at all satisfied and 10 being completely satisfied.



How did you do? Did you have some 1's, 2's or 3's and some 8's, 9's and 10's? The areas that you scored a 1, 2 or 3 in probably need some attention and are causing you some stress and balance issues.

When you start to work with this wheel, think in terms of achievement and enjoyment in all areas on a weekly basis. For example, you may focus on creativity and personal growth only one day a week, but that will feel "balanced" for you.

This exercise is meant to reacquaint you with your values so that you understand, live and work from your values. What do you say is important but put no effort into? It's also a great exercise about boundaries – is one area overtaking other areas and you see now that you aren't maintaining appropriate boundaries? If so, then that is an area for coaching!

***The Work Solutions Group can help you with these types of work/life balance issues. Give us a call! ...because work and having a life matters!***