

Title:

9 Strategies For Regaining Your Work Life Balance

Word Count:

830

Summary:

Read about nine strategies that, taken together, can help to change course without abandoning

Keywords:

work life balance, work and life, strategies, goals, plans

Article Body:

I like working with independent professionals and artists because of the way the work life bal

Rich as it is, the relationship between personal and professional life can be rocky and mainta

The problem was that I didn't feel like it. I enjoyed my client work and my speaking engagemen

I've been caught between the promptings of my spirit and the requirements of my business more

Here are nine strategies that, taken together, can help to change course without abandoning th

1. Don't panic.

Even if you feel panicky, you can choose modest, recoverable steps to address the situation. T

2. Return to Source.

Whatever your spiritual orientation or tradition, connect with what for you is the Source of l

3. Take a body inventory.

Are you sleeping well? How are you eating? What's your energy level? If these are not up to pa

4. Tell the truth.

Sometimes energy flags when we've gotten into a pattern of pleasing others or living according

5. Keep good company.

Are you stimulated and encouraged by your peers and clients? Do you have great playmates? Play

6. Tune Up Your Thinking.

There's substantial evidence that managing the way we think can have a profound and lasting ef

7. Set Healthy, Flexible Boundaries.

Yes, real life and real business are intimately connected, but that doesn't mean that you need

8. Create or Refine Systems.

We can't manage real life and a real business without good systems. Look at where things feel

9. Keep the Goal, Drop the Plan.

Sometimes the best way to achieve a goal is to let go of our plans. Promptly and clearly revis

As for me, these strategies led me to postpone the re-launch of the Authentic Promotion telecl

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