

Work Life Balance – Alex O'Connor



About me



8 ideas + your reflections



1. Juggle, Balance, or Blend?



Exercise: Language is important. Identify one way you can reframe your perspective.

2. Show up in moments that matter



Exercise:

Identify two moments that matter for you – one for work, one for personal.

And commit to full showing up for these.



3. Win the morning, win the day



Exercise:

What is one action you could take to make the first hour of your day more energising?

4. Action creates energy. Movement creates improvement.

"The most effective way
to do it, is to do it."
Amelia Earhart



Exercise:

What is one 'energetic drainer' on your To Do list that you commit to getting done in the next week?



5. How to find more time in your day? Add something meaningful.



Exercise:

Identify one of your energy takers and one energy giver.

Where can you find 15 mins in your day to include an energy giver?

6. Outsource, outsource, outsource. And just say no.



just
say no.

Exercise:

Identify one thing you could outsource or say no to.

7. Everything is figure-outable. Ask for help.



Exercise:

Identify one task you could use help with? Who could you ask?



8. It'll all be ok in the end. If it's not ok, it's not the end.



Exercise:

Imagine you're 80 years old.

Write one or two things that matter to you.

Thank you

