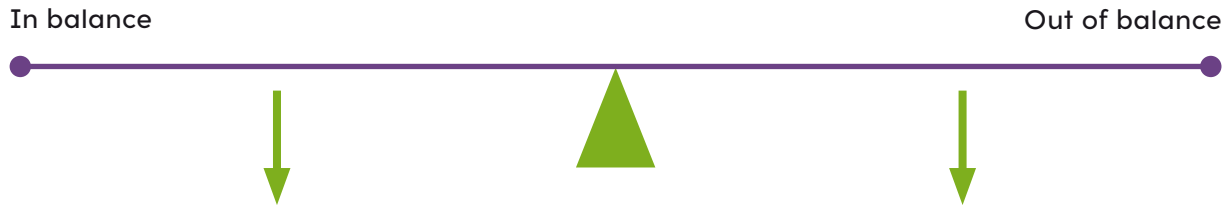


WORK LIFE BALANCE HABIT BUILDER

My work life balance is: (place a mark along the continuum)

Step One: Observation



Step Two: Exploring if I need to take action?

If this side. What do I need to do to maintain or increase?

I will stop doing

I will start doing

If this side. What do I need to do to start or develop?

I will stop doing

I will start doing

Step Three: Really deciding

What have I decided I want to do to incorporate this new action into my life?

Remember to be honest with yourself. You can still decide consciously to do nothing! If you are kidding yourself. Stop now. You will waste your time. Do something more useful.

Step Four: Building your habit

1. What is my cue to act on my new decision to care for myself and improve my work life balance? Eg putting shoes out at night, having a regular appointment in my diary, inviting a friend to do something with you.

2. What is the routine I will do? Eg. Going for a walk, listening to music each night before going to bed, having a "date" movie night once a fortnight.

3. What will be my reward? Eg, Noticing that I have more energy, having a better night's sleep, feeling connected to my friends.

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