



**Work/Life Balance:
What's that?**



Is work/life balance even a thing?

Let's talk more about this!

“If you are constantly striving for that feeling that you have finally achieved work/life balance, you're going to only be disappointed.”

Put systems and processes in place!

Tools:

- If you have kids...
 - barter
 - nanny share
 - utilize family
- Set realistic expectations with your client.
 - Under promise, over deliver!
- Stop adding to your plate!
- Have a dated to-do list with checkboxes.
 - tackle the small things first
- Put things on the back burner that can be put on the back burner.
- Client management software.
 - automated email
 - balance reminders
 - questionnaires
- Outsource!

What works for me:

- letting go of the picture perfect work/life balance
- building habits
- relationships
- tackle urgent matters first
- tackle smaller tasks
- streamline processes
- track your business to know your down time and busy season

