

52 Ways to Define, Create and Own Your Unique Life-Work Balance

Kari Skloot

eBook edition

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Life-Work Balance

a way of behaving that supports a feeling of contentment with the ratio of time and effort to personal and professional priorities, over a period of time

Kari Skloot, Life-Work Coach



A Note from Kari

Life-Work Balance isn't just about time management and prioritization. It's really a way of thinking, finding and enhancing what gives you energy and resonates with who you are and who you want to be.

*When I first started to create this eBook, I was envisioning a journal with the specific prompts to help you focus on the positives in all aspects of your Life and Work. It soon evolved into so much more than a journal – it became a guided workbook with prompts and practical tips to write your own story. It allows you to fully **define, create and own your unique Life-Work Balance.***

It's important to note that while doing the research, I realized how fulfilled, positive and balanced we really are. Sometimes we just need a little push to see it. When we focus on all the negatives (“I don't have enough time” “I need to choose one over another”....) we miss out on what we already have. Life and Work provide so much positive energy – I want you to be receptive to that positive energy in all forms.

*I really loved writing this eBook for you. Throughout this creative process, I was reminded again and again how truly blessed I am – in all aspects of my Life and my Work. And I thank all of you who have joined me in this process so far, and all who are joining me now. My sincere hope for you is that you, **define, create and own your unique Life-Work Balance.***

Best wishes & hugs,



*Kari
Life-Work Coach*



How to Use this eBook

There is no “right way” or “wrong way” to use this eBook. I’ve included 52 exercises and prompts designed to spark your thoughts and encourage your writings. Use this like a workbook with assignments or as a journal. Write daily, weekly or whenever you need a little boost. This is YOUR book about YOUR Life-Work Balance – create it anyway you want!

I’ve structured it to follow my [Life-Work Wheel](#)©, with pages color coded to correspond to different Life-Work Balance aspects. You can follow the order of the pages. Or you can flip through and do the exercise or write about whichever topic speaks to you on that day and at that time. This is YOUR book about YOUR Life-Work Balance – it needs to work for YOU.

You’ll also see tips and challenges on sticky-notes throughout to help you further explore and take action. Finally, click here to get your own complimentary copy of my [Life-Work Wheel](#)© - the companion piece and assessment tool this eBook is built on. At the end of this eBook, you’ll find different ways to continue your work with me.

Just remember: This is YOUR book. This is YOUR Life and YOUR Work. This is YOUR Unique Life-Work Balance.

Define it, create it and own it!



Family Relationships

*How do you show your children / parents / siblings you love them?
How do they make you feel loved?*

*Write each of your children /
siblings a love letter and send it
snail-mail. Hand write it on
pretty stationery. Remind each
person what they bring to your
world.*



Family Relationships

What is your favorite family ritual from childhood? What feelings does it bring up now when you think about it? What rituals do you do now in your family?

Create a new family ritual and commit to keeping this ritual every month - put it on everyone's calendar.



Family Relationships

Who are you? Describe your parents, siblings and grandparents. Are they funny? Serious? Smart? Supportive?

Make the time to connect with each of your siblings and/or parents once a week! Schedule and make a date. Remember - these people know you best and still love you anyway!

