

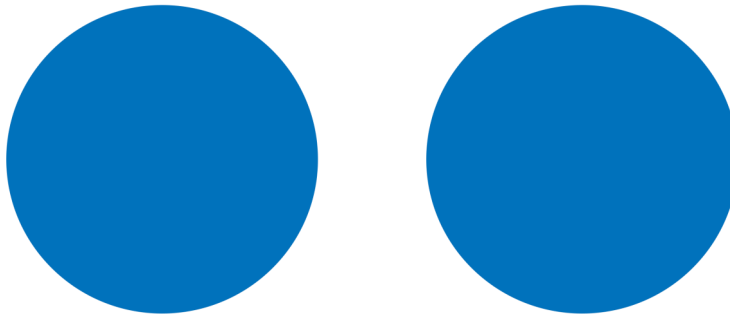


THE CENTER FOR  
Clarity, Compassion & Contentment

*find your center*

# Work-Life Balance

***What is the right balance for you?*** Give yourself a percentage...no judgment, just think objectively. What would you like it to be? Work on the GAP.



DECREASE THE WORK STRESS WITHOUT SLACKING OFF

### **Mastering the Mind**

- Stress Reduction, judgments, second arrow, ego seeing thoughts v. being
- Mindfulness, getting back to the present moment
- Boundaries, what do you resent?
- Energy Wasters, what are you overdoing? Where is there drama?
- Crazy Busy v. Ready Mode
- What is real danger/crisis and what is in our mind?

INCREASE THE PERSONAL TIME WITHOUT LETTING ANYONE DOWN

### **Live with Intention**

- Self Care is *not* Selfish!
- Self-compassion is essential.
- Drop perfectionism, busyness as a symbol of worth.
- Take a proactive approach to your life.

**NOW back to those percentages: What would you like it to be? \_\_\_\_\_**  
**Make the balance right for you! What needs to happen to make that a reality?**

**Centered: Work-Life Balance in 2022 and Beyond**  
with Kim Perone, Success Coach and Mindfulness Trainer  
The Center for Clarity, Compassion & Contentment (Center4C)

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