



MI- HOLM WILL FIND YOUR HOME

ALLEEN

082 338 6811



**MI-HOLM
PROPERTIES**



Creative Ideas for Work-Life Balance

Finding a balance between work and personal life is one of the most dominant issues of our time, as most of you must have experienced. We find ourselves struggling and stressing to keep up with the demands of both areas. Often, the advice given in such a case is to draw borders and limits between the conflicting demands of work and personal life. However, these two aspects of our lives do not necessarily have to be on conflicting terms. Rather, they may even enhance and strengthen each other.

Following are a few ideas that might help you make this vision a reality. I only hope I myself will be able to pursue some of these ideas as well...(please tell me if you succeed in doing so).

1. Use actual scales to keep track of your balance: Put a pair of scales at your office, or in your living room. These scales will represent the balance you keep in your life, and serve as a reminder when you need to return the balance. Whenever your work takes up more of your time and energy, add weights to one side of the scales marked with the label "work". When your home is drawing more of your attention - tip the scales to the other side. Now - instead of letting the two sides compete - try to use the weights on one side to help balance the other side - in other words - find sources of energy from your home to help you at work and vice versa. The next idea demonstrates how you may do so.
2. Make your family work for you: Have you considered joining the resources that are available for you at home to help you at work? If your child is busy with coming up with an idea for a school project, offer a subject that can help you complete one of your job tasks. That way, you use the energy and enthusiasm of your child, getting closer together, and at the same time help the child prepare an original project.
3. Decorate your workplace with the help of your family & friends : The surrounding environment of your workplace has positive or negative effects on your performance. Ask your family and friends to express their talents and help you enrich the workplace and fill it with energy. This may include painting the walls, rearranging the furniture, hanging decorations, etc. From then on, each time you look around, you will be filled with the good intent and energy they invested.
4. When in need - break the routine: Every once in a while our work-life does get off balance. One of reasons for this is the fact that we get carried away by the routine, and forget the things which are most important to us. Breaking the routine means spending time with your family, friends or personal hobbies on hours that you would usually be at work, or break a personal habit off watching Sunday football in order to take the time and analyze the direction you are moving towards at work. In many ways, this idea follows the principle of "Function follows Form" described in the next section.

Oh by the way ... should you know of someone, family or friends who might be thinking of selling or buying

I welcome and appreciate referrals from you!

www.mi-holmproperties.co.za