

Managing Work and Life: Extracting the best in both to create harmony

Your Thinkbook

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Our boundaries and blurring of work and life have never been more tested.

Many of us have full lives but are we ful-filled? Are you happy with how we're "balancing" work and life? Or are you open to exploring new possibilities for improvement and change?

Taking time to reflect on where you are at is an important part of starting to make changes that make all the difference.

Domain	How important are these to you?	How much attention do you pay to these?	How satisfied are you with these? (1-10)
Work & Career What does this include for you? . . .	%	%	/10
Home & Family What does this include for you? . . .	%	%	/10
Community & Friends What does this include for you? . . .	%	%	/10
Self What does this include for you? . . .	%	%	/10
	100%	100%	

Reflect:

What do you notice about your completed table? What insights can you derive?

Discover:

Write a story about your most surprising experience of successfully managing work and life. What made this experience surprising? What happened as a result?

Dream:

What is your greatest hope when it comes to successfully managing work and life?

Design:

If you were to move 10% closer towards your hopes of successfully managing work and life, what three steps would you feel most excited about prioritising? What energises you about taking these actions?

Destiny:

What small habit would you love to create to help you enjoy more harmony across work and life?

Remember, it's about harmony over time, not balance all the time.

Please get in contact for 1:1 coaching or if you would like to learn more about how I can support your team or organisation.

Louise Gilbert

Founder & Director



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