

MY WORK/LIFE BALANCE STRATEGIES
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During the course of my day, I accomplish my best work:

- In the morning
- In the afternoon
- In the evening
- In the wee hours of the night
- Depends on the day and how I feel

If I could control the conditions of my work, in ways that help me be productive, I would:

My greatest barriers to managing my work/life are:

- Procrastination / Avoidance
- Interruptions
- Too much to do
- Too many work demands
- Problems organizing my work
- Disorganized workspace / "homespace"
- Other people in my work life
- Child care/Eldercare
- Home / family matters
- My family's schedules and demands
- My health
- Work gets in the way of my personal life
- Resources
- Other

My strategy for resolving:

I want more time for:

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> My work | <input type="checkbox"/> My family |
| <input type="checkbox"/> My education | <input type="checkbox"/> My friends |
| <input type="checkbox"/> My personal interests | <input type="checkbox"/> Leisure |
| <input type="checkbox"/> Exercise / Fitness | <input type="checkbox"/> Hobbies |
| <input type="checkbox"/> Sleep | <input type="checkbox"/> Other |

What makes my life meaningful?

And how can I do more of that?

What strategies will I adopt to help maintain the work/life balance that is right for me?