

How to Improve Work/Life Balance

Assess your current Work/Life Balance - is it unhealthy? Fill in the five-point checklist:

1. TAKE TIME TO REFLECT

What factors are causing unhappiness and stress and how does it affect your work and home life?

What are you prioritising and what are you sacrificing or losing out on?

2. CONSIDER YOUR FEELINGS

Are you happy and fulfilled or resentful and angry?

What needs to change?

3. REPRIORITISE

Is more family time or time to socialise more important than working late and at weekends?

What are you willing to sacrifice and for how long? Will you have regrets?

4. CONSIDER ALTERNATIVES

Consider which aspects of work and life could be different to align with your priorities.

5. MAKE CHANGES

Commit to changes that will positively impact your work/life balance