

Day 15

Work/Life Fit

What is this squiggly skill?

Taking a realistic approach to how you fit work and life needs together, helps you to stay flexible with what you need and reduces the pressure of getting it right every time.

Recommended Resource



Christine Armstrong
Follow on LinkedIn for her weekly vlog

Recommended Listen



Squiggly Careers #227
How to find your work/life fit

Ideas for Action



Share principles not rules

Manage your work-life fit by following flexible principles that adapt to your needs. Define your principles and share them with your team.

This sounds like:

I can do early mornings or late nights but not both.



Work in progress success statement

Ask yourself: *What does success mean to me?*

Take a work-in-progress approach to your success statement. This keeps you focused but adaptable. Revisit your statement regularly.