

Life and Business Leadership Insight - June

"Ensuring your Relationship Stays Strong"

How many of us are caught up in the live to work cycle and would be rather doing it the other way round...work to live.

It is possible to take action to achieve the work/ life balance you desire providing you have the discipline to implement some of the following life leadership strategies:

1. Forward plan some weekend escapes at the start of each year. Four per year is a good target to aim for. These breaks should occur between your scheduled holidays to ensure that they have the desired recharge effect.
2. Learn how to delegate so that you can free up more of your time and enjoy what life has to offer outside of the workplace.
3. Recognise that it is impossible to get all of your self-esteem needs from work.
4. Find out what your hobbies are and program some time to pursue them.
5. Use a personal organiser to allow yourself to plan your working week and forward plan appointments for yourself. Most of us make appointments in our life for others we need to also make appointments for ourselves.
6. Use some personal energising time at the end of each day to plan for tomorrow & review your performance from the day just passed.
7. **Pet time {Personal energising time}** should be done at least 4-5 times a week for 15-20 minutes at a time. You should always have your organiser handy and be undisturbed in a peaceful place for best results.
8. Tell your partner regularly how much you love him or her.

It is worth noting that few people wish they had spent more time in the office during their lifetime!

Performance Enhancing Substance:

"A good partnership doubles the joys and halves the sorrows"

Ross Day

Performance Enhancing Reading Material:

"Dine Out and Lose Weight" Michael Montignac. Artluen Australasia. 1993.

***Richard Day B.Ed; M.A.A.E.S.S.; APS
Professional Speaker, Life and Business Coach***

***For more information and to preview Richard as a speaker for you and your team please visit:
www.richardday.com.au***

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