



In the Balance:

Tools to Increase Your Personal & Professional Productivity

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Agenda

- Work-Life Balance Defined
- Trends in Today's Work Habits
- Taking Control
- Sites & Apps:
 - Setting Goals
 - Finding Support
 - Getting Healthy
 - Having Fun



What is Work-Life Balance?

‘Work-life balance is not about the amount of time you spend working vs. not-working. It’s more about how you spend your time working and relaxing, recognizing that what you do in one fuels your energy for the other.’

- Julie Morgenstern, Productivity Guru

What is Work-Life Balance?

- Anyone can find it
- No single prescription
- Unique to each person
- Takes commitment
- Requires action





Why Work-Life Balance?

- Disappearing boundaries between work life and home life
- Technology & Connectedness
- Adverse affects on us
- Adverse affects on our work
- **WE ARE LOSING IT!**

Why Work-Life Balance?



- $\frac{3}{4}$ Americans say job = stress
- Over half say productivity suffers
- Over half say job invades home
- Almost half give up vacation
- Cost to employer = \$300 Billion +





Take Control!

- Manage your time
- Set realistic **goals**
- Gather **support**
- Put **health** first
- Find your **fun**



GOALS

SUPPORT

HEALTH

FUN

GOALS: LifeTick



[Overview](#) [Pricing](#) [Why](#) [Examples](#) [FAQs](#)

[Create free account](#)

Now rebuilt and reimagined.

Goal setting the way it should be.

Lifetick is web based software that gets you on the path to success.

The screenshot shows a web browser window with the URL "www.lifetick.com/application/personal/home". The page has a blue header with the Lifetick logo and navigation links: "Navigate", "Status", "Journal", "Reports", "Sebastian's account", and "Logout". The main content area is titled "Navigate" and features a sidebar on the left with "Goals" and "Dreams" sections. The "Goals" section contains two pie charts labeled "core values". The main area displays a table of goals with columns for "Goal", "Progress", and "Due date". The table lists several goals, including "Take family on a holiday to Fiji", "Complete MBA", "Lose 10kgs in weight", "Take the family camping in Spring", and "Renovate the kitchen". Each goal has a progress bar and a list of tasks. On the right side of the table, there are links for "Create goal", "Create dream", "Edit core values", "Subscribe to calendar feed", "Write in journal", "Enter tracker", "Configure trackers", and "Print".

Goal	Progress	Due date
Take family on a holiday to Fiji	6 tasks	18 May 2013
Complete MBA	6 tasks	15 Jun 2013
Lose 10kgs in weight	53 tasks	31 Jul 2013
Weekly calorie diary (5 of 55 completed)		9 Aug 2012
1st weight check		30 Apr 2013
Purchase low fat cook book		8 May 2013
2nd weight check		30 May 2013
Take the family camping in Spring	5 tasks	24 Oct 2013
Renovate the kitchen	19 tasks	31 Oct 2013
Save \$200 per week (6 of 18 completed)		22 May 2010

GOALS: 43Things

43Things

[Home](#)

[Zeitgeist](#)

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[Log in](#) or [Sign up](#)

Changing your life is hard. Doing it by yourself is harder.

Join over 3 million people who list their goals, share their progress, and cheer each other on.

Start listing your goals now...

1.	<input type="text"/>	+
2.	<input type="text"/>	+
3.	<input type="text"/>	+

[Sign up](#)

43 Things is the world's largest goal-setting community. People here want to:

Organize My Day find my biological grandfather create a list of 100 must-read books and read them.



LaMina wants to learn french Finish what I start have flat abs find at least one thing each day that makes me happy and record it everyday for a year Amaze people sell my motorcycle find my dad get a

GOALS: SolidGoals



Set Your Goals And Share Them.

Set goals and track your progress as you work towards achieving them.

Make yourself accountable by setting your goals publicly.

Motivate others through detailing your progress and interact with like-minded individuals who are on a similar path.

Set your first goal now...

Tell us what you want to achieve...

Sign up, its free!

Or browse other peoples goals.

SOLIDGOALS

Home - My goals - Create a goal

Set A New Goal

Enter information about your goal below. Please

Title Of This Goal *

☐ Make this goal invisible to the public

1. Preparation List

List below anything that is required before you start the wanting to start a diet you might have the following:

- Purchase gym shoes
- Sign up to the gym
- Make a diet plan

Enter a preparation item

2. Milestones

Milestones help break your down goal further. The more more attainable the goal will appear.

Add a milestone

3. Keywords

Keywords will categorise your goal and should be relative words, for example if your goal was to win the lotto the 'winning'.

Each keyword will be split by a space or a comma.

Enter a keyword

SOLIDGOALS

Create an account Login

Search for goals...

Goals People Are Working On

Go to pages: < Previous 1 2 3 4 5 Next > Sort by

Complete my novel

Goal set by Jason

Write Novel

82% complete

New post: Complete my novel - 2 months ago

New post: Progress so far - 2 months ago

Simon showed their support - 2 months ago

Simon subscribed to this goal - 2 months ago

Organize my office

Goal set by emily73

organize work

78% complete

View older goal updates

New post: Found stuff - 2 weeks ago

Jared showed their support - 2 weeks ago

New post: All the boxes are unpacked and taken away! Yay!! - 1 week ago

New post: I made money again! - 1 week ago

New post: Getting close now - 1 week ago

Browse Keywords

blog boxing business Car company Design developer development diet exercise Fitness freelance grades gym hamas health jax Learn Meditate Meditation money Motion Novel Paris PHP Programmer programming Running savings Study travel Triathlon VS web webapp website weight-loss world Write yii

AdChoices

WeightWatchers®

Our biggest innovation in 15 years is here. Start the ProPoints® Plan!

www.weightwatchers.co.uk

Lose 6 kgs in 4 weeks?

Cut 6 kgs off your belly a month by using this 1 weird old tip.

www.Collapsentesten.net/

Goal Directed Project

Management Tool - PM3 Manages change projects

www.beataduloma.com

Trouble Communicating?

SUPPORT: Mindbloom

mindbloom™ life game™

Introducing
bloom*

Available on the
App Store

FREE

E-mail

Sign In

or



Log In

Forgot your password?

Grow the life you want.®

A fun, simple and effective way to improve the quality of your life.

Decide what's important. Discover what motivates you. Take meaningful action.

Get Started

Learn More



SUPPORT: TaskRabbit



Search Tasks & TaskRabbits



Post a Task



Welcome back, John!

BROWSE TASKS

- Delivery >
- House Chores >
- Shopping >
- Office Help >
- Handyman >
- Moving Help >
- Virtual Assistance >
- Event Help >
- Skilled >

[View all categories](#)



Need Donation Pickup?

Average price: **\$30—\$45**



Post a Task

John D.

[View profile](#)



Your profile is **80% complete.**

Post Tasks from the iPhone app!

Need to post Tasks on the go?
Our newly optimized TaskRabbit
iPhone app makes it easy and fun!

[Get the TaskRabbit app](#)



Refer friends and get \$10!

Share your friend code
(PAL148578). Your friend will get
\$10 off their 1st task, and you'll get
\$10 when they finish it.



[Refer a friend](#)

Ready to really clean house?



Need help unpacking after apt renovation

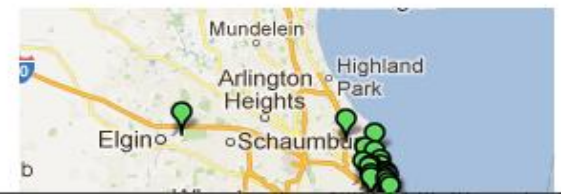
My kitchen-bath renovation is almost complete in my 1-bedroom apt. Need help...

Tasks of this type: **\$75 - \$103**



Sell items on Ebay and Craigslist

I have several items to sell on ebay, craigslist, etc. Items include high-end...



SUPPORT: DailyStrength



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Find a Condition, Treatment or Advisor

Search

MEMBER SIGN IN

DailyStrength Connect

Email or Username

Password

☐ Remember me

Login

Lost your password?

No account?

Register now. It's FREE,
quick, and easy.

Join Now

Become a member now and join the largest,
most comprehensive network of people sharing
their knowledge, experiences and support.

What our members love about DailyStrength:

- Making friends, journaling, tracking goals, sharing photos and Hugs
- Active discussion boards, expert advice, treatment reviews
- Privacy tools to keep personal content protected



Join Now, Get Support

Popular Support Groups

[View All »](#)

ADHD

Alcoholism

Anxiety

Asthma

Autism

Back Pain

Bereavement

Bipolar Disorder

Breakups & Divorce

Cancer

Chronic Pain

Codependency

COPD & Emphysema

Deep Vein Thrombosis

Depression

Diabetes

Dieting

Eating Disorders

Fibromyalgia

Financial Challenges

Gastric Bypass Surgery

GERD & Heartburn

Irritable Bowel Syndrome

Hepatitis C

Hypertension

Infertility

Loneliness

Menopause

Migraines

Miscarriage

Multiple Sclerosis

Obesity

Panic Attacks

Parenting

Pregnancy

Self Injury

Senior Health

Smoking Addiction

Relationships & Sex

Summer
of Safety

Save Lives
with the SOS
Emergency App
for Android

Latest Activity



darrellbell36 wrote a Journal Entry 12:34am



curlyfries replied to fleurdelis399's
Discussion Post in Panic Attacks 12:34am



rambosquire1 replied to ramboquirel's
Discussion Post in Depression 12:34am



karlhooper12 wrote a Journal Entry 12:34am





Ceegee22 gave txkiki53 a ray of sunshine
12:34am



Wildflower18 replied to Wildflower18's

HEALTH: HealthMonth

Health Month, the game · [Log in](#) · [Sign up](#)  

Live healthier, for fun!

Spin the wheel

· or ·

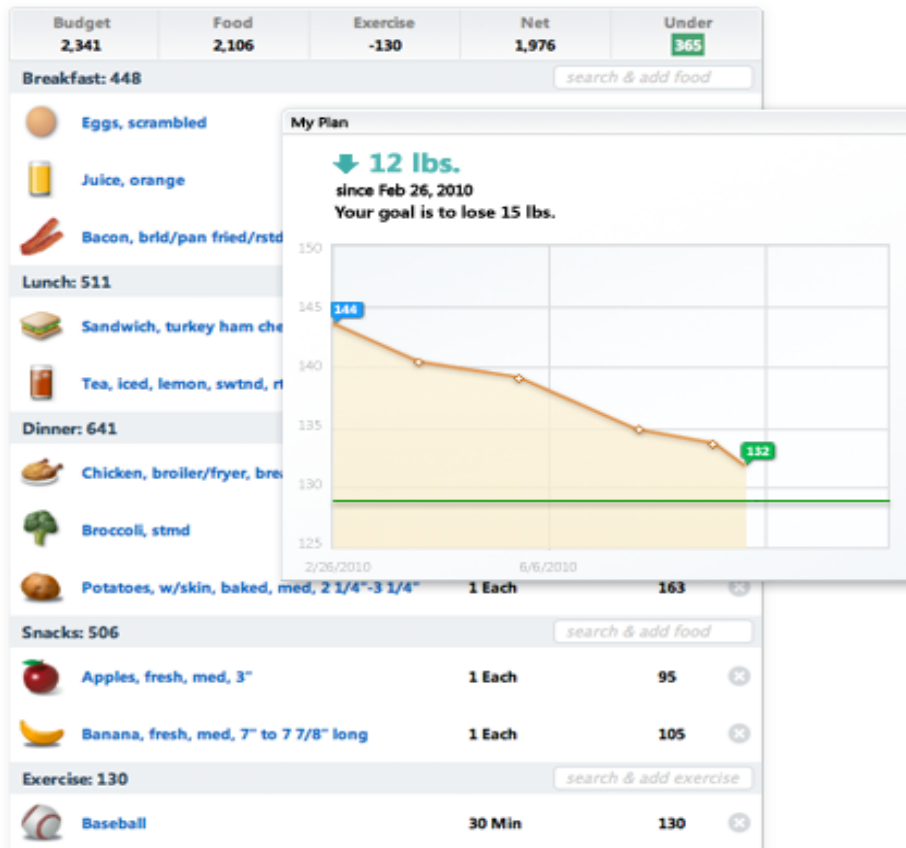
Try it for free



Health Month is a game to help improve your diet, fitness, mental health, relationship health, and financial health – while enjoying it!

Health Month is about taking the **SCIENCE** of nutrition and behavior change and combining it with the **SOCIAL GAMES** of the recent social web to help people improve their health habits in a fun and sustainable way. If you can enjoy the process of living healthier, you're much more likely to stick to it.

HEALTH: LoseIt!

[Sign in](#)☐ Remember me[Forgot your password?](#)[Home](#)[Screenshots](#)[FAQ](#)[Support](#)[Blog](#)[Solutions](#)[Contact](#)

Succeed at weight loss with Lose It!

- The average Lose It! user loses 12.3 lbs.
- 86% of our active users have lost weight
- 96% of users who use Lose It! for 4 weeks lose weight
- Lose It! has helped users lose:

11,715,927 lbs



Sign Up for Lose It! **It's Free!**

HEALTH: MyFitnessPal

[ABOUT](#)[FOOD](#)[EXERCISE](#)[TOOLS](#)[BLOG](#)[COMMUNITY](#)

Free Calorie Counter

MyFitnessPal is a diet and fitness community built with one purpose in mind: providing you with the tools and support you need to achieve your weight loss goals.



"I used MyFitnessPal to help me lose 135 lbs in about 16 months. The tools are easy to use and the community is wonderful support."

Tamtastic

[See more MyFitnessPal success stories »](#)

Tami lost 188 pounds using MyFitnessPal!

JOIN NOW FOR **FREE!**

Username:

E-mail:

Password:

We protect your personal information and privacy.

[Read our commitment to privacy.](#)

JOIN NOW

Already a member? [Login](#)

Millions have lost weight with MyFitnessPal's **FREE** calorie counter

Get **FREE** access to the world's largest nutrition and calorie database — over 1 million foods!

- ✓ Medical studies show that keeping a food journal **DOUBLES** your weight loss!
- ✓ Eat whatever you want
- ✓ Easy and fast
- ✓ Completely free, with no strings attached

Lose weight the healthy way

We believe — and medical studies prove — that the best way to lose weight and keep it off forever is to simply keep track of the foods you eat. Gimmicky machines and fad diets don't work, so we designed a free website and mobile apps that make calorie counting and food tracking easy.

But don't just take our word for it! Here's what real MyFitnessPal users had to say:

FUN: GrubWithUs

Grubwithus

Meals

Groups

People

My Meals

Support



WIN A DINNER FOR **2** AT GRANT ACHATZ'S
NEXT RESTAURANT THEME SICILY

Meal Experiences in Chicago ▾

Your Featured Meals

Chicago Young Professionals



Lincoln Park
Chicago Young Professionals
Chicago Young Professionals

Check it Out!

FAQ

What is Grubwithus?

How does it work?

Cancellation Policy

What happens if less than 4 people reserve a meal?

[More](#)

Recently Grubbed



Activity Feed

[Hide](#)



Erica Champer joined the Chicago Vegheads group



New meal in Chicago: **Thai in South Loop** (Wednesday, Aug 22nd)



New meal in Chicago: **Chicago Veggie Grubbers** (Thursday, Aug 23rd)



Megan Culbertson joined the Chicago Vegheads group



New meal in Chicago: **New to Chicago** (Tuesday, Aug 28th)



Stephanie Hicks joined the Chicago Vegheads group



Daishin Sugano joined the Food Photographers group



Pashen Black joined the Chicago Vegheads group



Erica Champer joined the Chicago Veggie Grubbers group



Shelly Sital is grubbing at DC YP: Work Hard, Grub Happy!!!



New meal in Washington DC

any questions?

all Is Back Grub N Chat

FUN: CatchaFire



HOW IT WORKS
Get the skinny.

PROFESSIONALS
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ORGANIZATIONS
Launch a project.



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Use your professional skills
to **help children**

[JOIN CATCHAFIRE](#)

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The New York Times Forbes FSTCOMPANY CNN



HOT OPEN PROJECTS



BRAND MESSAGING
for **FIXIT Foundation**



STORYTELLING
for **Sports Guru Alliance**



LOGO DESIGN
for **Angaza Design**



BROWSE BY CAUSE

- Animal Rights
- Arts and Culture
- Children
- Civil Rights
- Community and Service
- Democracy and Politics
- Economic Empowerment
- Education
- Environment

FUN: SkillShare

SKILLSHARE

DASHBOARD

LEARN

TEACH



Learn by collaborating.

Skillshare is a community marketplace for classes.



Browse Classes

Hybrid Classes NEW

Project-based, online learning with in-person workshops. Enroll from anywhere.

Local Classes

Learn from a local teacher in your community. Enroll into in-person classes in your city.

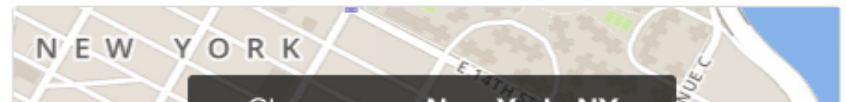


Learn to Knit with Kollabora

Nora Aboustait

SEP

13



To Reiterate:

Work-Life Balance

- IS possible
- Is unique to you
- Requires commitment
- Takes action



THANK YOU!

“Happiness is not a matter of intensity but of balance, order, rhythm and harmony.”

- Thomas Merton

