In the Balance: Tools to Increase Your Personal & Professional Productivity

Presented by
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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?

- ¾ 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: LifeTick

Now rebuilt and reimagined.

Goal setting the way it should be.
Lifetick is web based software that gets you on the path to success.
GOALS: 43Things

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. [

2. [

3. [

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, it's free!

Or browse other peoples goals.
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.
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-en...
SUPPORT: DailyStrength

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

Popular Support Groups

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

Latest Activity

darrellbell36 wrote a Journal Entry 12:34am

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

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

karlhooper12 wrote a Journal Entry 12:34am

Geegee22 gave txkiki53 a ray of sunshine 12:34am

Wildflower18 replied to Wildflower18's Discussion Post in Depression 12:34am
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.
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

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 »

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

Win a dinner for 2 at Grant Achatz's

Meal Experiences in Chicago

Your Featured Meals

Chicago Young Professionals

AUG 14

7:00pm

Lincoln Park

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?

Recently Grubbed
FUN: CatchaFire

Use your professional skills to help children

JOIN CATCHAFIRE  LEARN MORE

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
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.
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