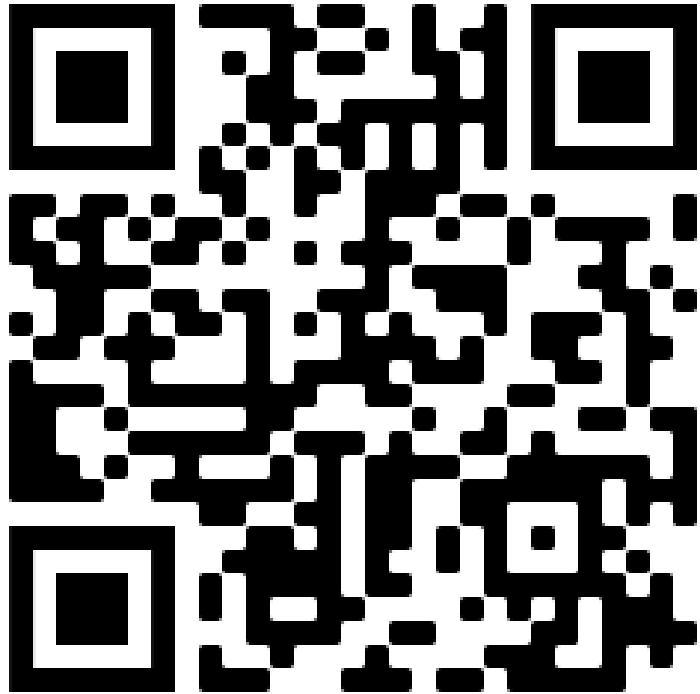


Work Life Balance is a Myth!



Julie D. Burch
www.julieburch.com
julie@julieburch.com



**Willing
And
Able**

Able



Willing



Knowledge is Power.





Stress and balance are often talked about together.

What's the Difference Between Stress and Balance?



Stress is the
result of
imbalance.



Ever feel out of balance?



When you hear the word

Balance

What image pops into your head?

Sends the wrong message.





What is another word you could use to describe that feeling?



It's the shoulds.

Looking For Balance In Our Lives

There are
6 key Areas
of our lives



Work/Career

(Finances!)





Home/Family

(Finances!)

Health





Recreation
leisure

Social/Friends



A circular stained glass dome with a central light source. The dome is composed of many small, colorful glass panels in shades of blue, red, yellow, and green, arranged in concentric circles. The center of the dome is illuminated by a bright, circular light source, creating a warm glow. The overall effect is a vibrant, multi-colored circular pattern.

Spiritual.



We are so hard on ourselves.



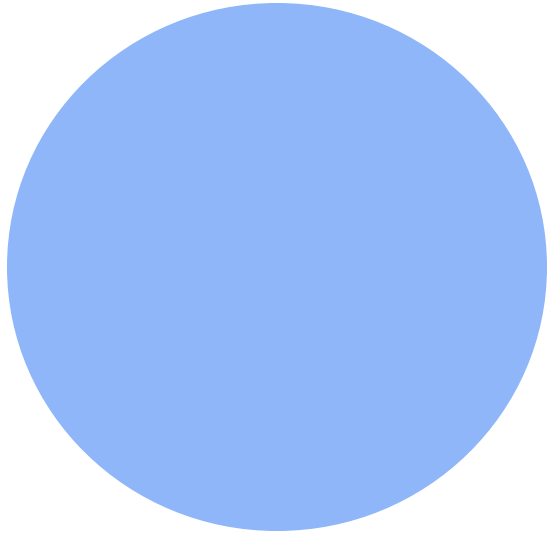
Let's Try It!



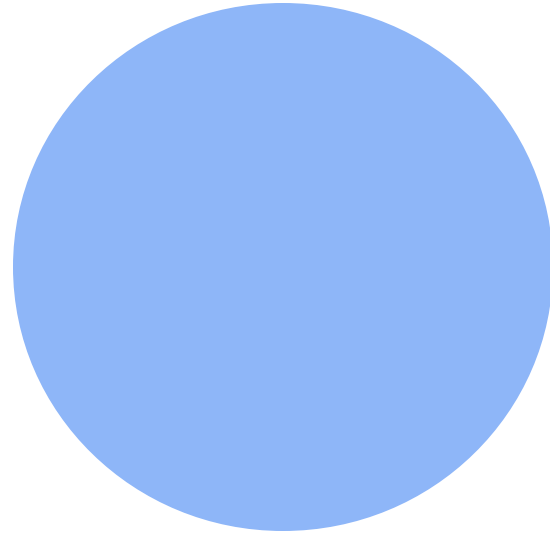
Time/energy Pie



Time/energy Pie



NOW



IDEAL

Ask Yourself Some Questions.



#1 Do I really want to fix it?



#2

Am I working toward my ideal?



#3

How can I move my line
one tick at a time?



A vertical garden with a variety of green plants, including large-leafed plants and smaller leafy greens. A neon sign in a cursive font is mounted on the wall, reading "and breathe". The sign is illuminated with a warm, orange-red glow. The background is a dark, textured wall, possibly concrete or stone, which is partially covered by the plants.

and breathe

It's Not All or Nothing.

Bonus Tips and Reminders:

Can you double up?

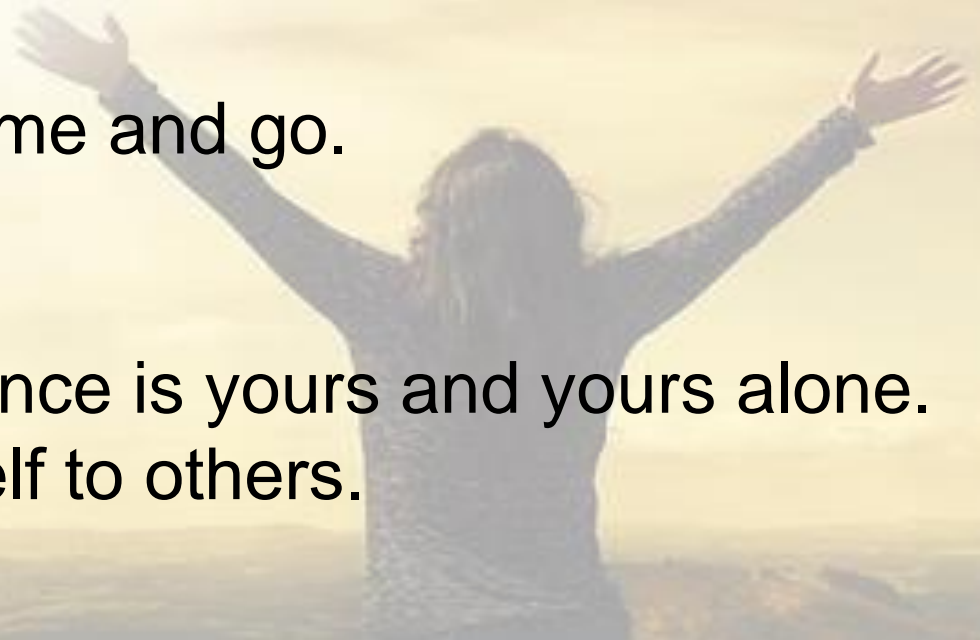
Can you improve your Time Management skills?

Remember, things come and go.

Give your self Grace.

Remember, your balance is yours and yours alone.

Don't compare yourself to others.





“Willing” is the Self Esteem



Self Ideal
Self Image
Self Esteem



Who
is
YOUR
Hero?

My Handsome Hubby!





Be Patient

Look Deeper

Just Because You Don't See
It Doesn't Mean It's Not There



“If you will do one thing different every single day, you have the power to make every one of your tomorrows better than today.”

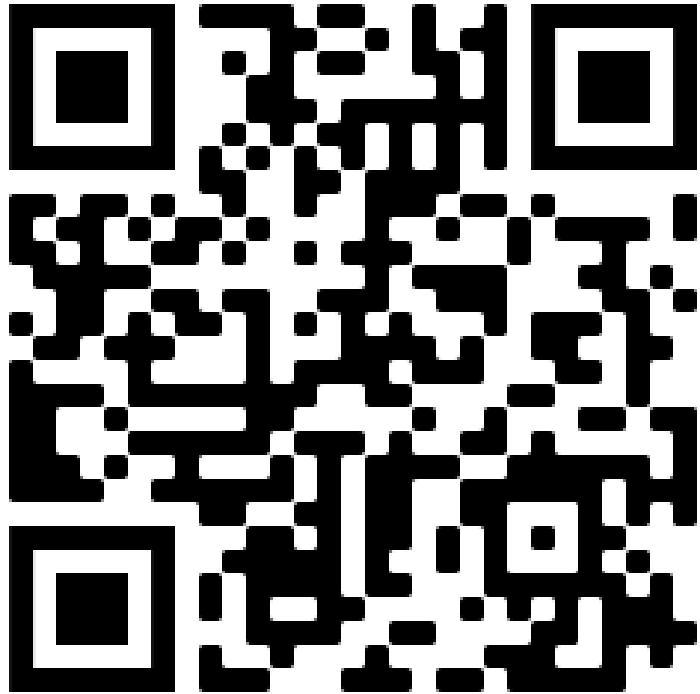
-- *Julie Burch*

julie@julierburch.com

Julie Burch *JB* Speaks!

www.julierburch.com

Work Life Balance is a Myth!



Julie D. Burch
www.julieburch.com
julie@julieburch.com