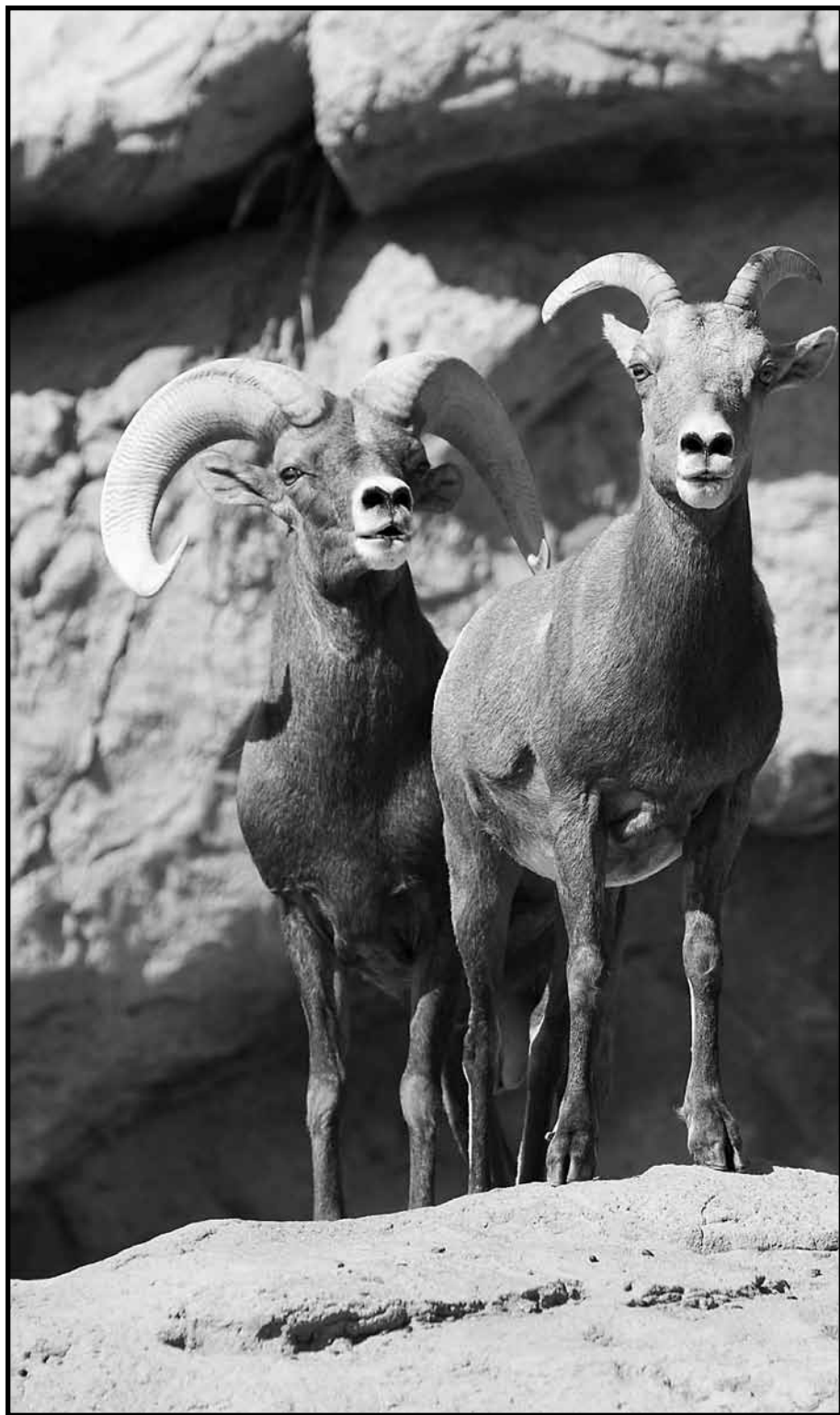


CHAPTER 6

# Work-Life Balance





## Nature

**R**ocky Mountain Big Horn Sheep are known for their perfect sense of balance. They use ledges only 2 inches wide for footholds and can run up mountain slopes at 15 mph. Jumping from ledge to ledge over crevasses as wide as 20 feet is common.

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## Business Lesson

**F**inding work-life balance in today's fast-paced, what-have-you-done-for-me-today world can be precarious. What might be good for your advancement within your company could lead to uncertain consequences within your marriage, and what might be beneficial to strengthening your family relationships could be perilous to your business career. What's worse is if things are out of balance for an extended period of time, it can be dangerous to your health, your co-workers and to your family. Five tips provided by WebMD for achieving better work-life balance are: (1) Figure out what really matters to you in life, (2) Drop unnecessary activities, (3) Protect your private time, (4) Accept help to balance your life, and (5) Plan fun and relaxation. For more information about work-life balance, go to the resources section of this book.