

Excerpt from:

***Getting Juiced About Your Life™:
How to Make Lasting Change Toward Work/Life Balance***

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What is the key to finding YOUR work/life balance?

The key to finding your own work/life balance is finding where the juice is for you and having more of that flow into your whole life.

When you drill down, “work/life balance” is really about three things:

- Taking control.
- Making a choice.
- Creating an environment that matches your work patterns to your lifestyle and life stage (the current “chapter” of your life).

Work/life balance is an individualized approach. For example, some people are comfortable with long work days as long as their weekends are largely “quarantined” for family activities. For others, particularly those with young children, it’s important to be home regularly for evening meals and bath and bedtime rituals, even if it means burning some midnight oil later. For others, sustained periods of intensive work are fine, as long as they are punctuated by significant breaks for relaxation.

What’s the key for YOU to attain work/life balance? Follow this workbook’s refreshing, step-by-step approach to regain control and get your life back into balance. You’ll find that I’ve presented information in manageable, bite-size chunks. Plus, the questions are easy to complete and, I hope, will help you think about what gets YOU juiced and how you can add more juice to your life.

My goal with this workbook is to help you make ONE small change in your life. Once juiced and re-energized, you can build on this one positive change and get your life back into balance.

Are you ready to take a positive step forward into your fresh, rejuvenated, and balanced life? Let’s get juiced!