



WORK/LIFE SYNERGY

QUIK QUIZ: Before you can begin to bring synergy into your life and work, you need to know where you are right now in your attempts to balance so you can shift your mindset and take true action.

Check the statements below, which apply to you, then reference the key on the next page:

- 1. I have specific personal goals unrelated to business.
- 2. I have determined action steps to achieve my personal goals.
- 3. I have specific business/career goals, both long term and short term.
- 4. I have a strategy for helping me achieve these business/career goals.
- 5. I am more successful at reaching my business/career goals.
- 6. I am more successful at reaching my personal goals.
- 7. I am not achieving either my business/career or personal goals to my satisfaction.
- 8. Because of my personal goals, I accept that I cannot fully realize my business/career goals at this time.
- 9. Because of my business/career goals, I accept that I cannot fully realize my personal goals at this time.
- 10. I am content, but there are still aspects of my life and work that I know could be even better.
- 11. I don't have any specific personal goals. I'm totally focused on my business/career at this time.
- 12. I reach my personal and business/career goals, but it still isn't enough.

Is this an accurate description of how you feel?

If you checked 3,4,5,9,11too business focused, affecting personal life

You need to stop thinking you must sacrifice your life for work. And chances are your family and friends have already been telling you this. Sacrifice is a balancing mindset.

If you checked 1,2,6,8too personally focused, affecting business/career success

Even if your personal life has posed many demands upon you, it doesn't mean you cannot have business/career success too. If you think you have no choice but to choose one over the other right now, then you are in a balancing mindset versus a synergy mindset. You are pitting one against the other.

If you checked 1,3,7 and 2 or 4, 8 or 9frustrated and getting nowhere

To you, these goals are still just dreams. While you have goals, that is as far as you have taken it. You are likely feeling overwhelmed, which is a balancing mindset. If you don't know where to begin, consider your reasons for your goals and start putting some action steps and strategies into place based on these reasons.

If you checked 1,2,3,4,7.....achievement focused, but not achieving what's desired

You are likely in a constant tug of war between both personal and business/career, and so nothing is getting accomplished in your eyes. You do a little here and a little there, but are not seeing any real progress. You thought you were doing it right, but it feels like you are shifting gears between life and work whenever you take action in one area or another. They still are separate in your mind. Feeling this way is a balancing mindset.

If you checked 1,2,3,4,10content, but want more

You can't complain. You feel fortunate in many ways, but there are things you still want to accomplish and still want to do. Who you are or the things that you are most passionate about have not been fully realized and explored. It is likely you have a fear that you will lose balance in your life.

If you checked 1,2,3,4,12accomplished, yet unsatisfied

It may be that you have played it a little too safe because of a balancing mindset. There are goals that just seem so "out there" and so "bodacious" that you have convinced yourself they are beyond reach. It is also possible you may be ready for something totally different to challenge you.

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