Sustaining Work-Life Integration

✓ Balancing Your Four Pre-wired Personality Traits

Superhero

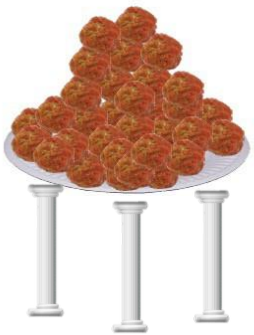
Perfectionist

Lone Ranger

Workaholic

- Ask for help, it doesn't mean weakness
- Have grace & forgiveness for yourself, there is no such thing as perfect
- Delegate tasks at home and at work
- Establish boundaries, say no, listen to your body

✓ The paper plate, the meatballs and THE PILLARS



- The meatballs represent your tasks and what is expected of you
- To ensure your plate doesn't fall, you must put pillars in place. Pillars hold up your plate of meatballs.
- For best results, incorporate pillars 2 to 3 times per week
- Pillars are the things you do to bring yourself joy, peace, happiness and laughter

✓ Use your off switch

- Turn off your alerts and electronics
- Create rituals that separate work from home-life
- How can you 'buy time'?

✓ Establish Boundaries and Say "No".

- Stop and decide
- Say the word "no", don't imply it
- Repeat yourself if needed
- Don't apologize

Copyright © 2020 Heather Rabin. All rights reserved. Orion Healthcare Solutions 480-734-9813