



Work Life Balance: Learn to set Limits

André Iland

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This book hopefully, will help you achieve the very challenging goal of perfect work-life balance. Agreed, many tips and advices given here are easier to say than done; but none are impossible. Make up your mind that you will work towards achieving this goal, break it up into smaller bite-sized goals and go for it. Look up the SMART goals principle; use this method to achieve work-life balance. Do not be hard on yourself. It will be hard. This is an uphill task and you do not expect that that it will be easy. It will take time for you to manage your time as you want best. It will lots of effort; expect burnouts, frustration, and tough spots before you reach your goal. But stay on the path and it will happen. The rewards of finding that perfect work-life balance are huge; and worth every bit the effort you are putting in. Remember – where there is a will, there is always a way. Look for it and you will find it. If you find a way, great; if not, make one. Either way, you get to achieve your goal. When you do, you will find peace of mind for you will be able to enjoy the best of both worlds.

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