



MY MIND VOYAGE

Chapter Nine:

LIFE-WORK
BALANCE

Did you read the title right? I put life before work. Quite unusual to see when people talk about "work-life" balance.

Why is it the norm to work most of our life? Or even work when we don't really need to be? Why does work come before life?

We are allowed to start working at the ripe age of 15 and on average we retire at age 67. That is approximately 52 years of work with only 2 to 4 weeks of holidays per year.

Do you see anything wrong with that?

This is a small preview, a peek through the pages if you like of the My Mind Voyage interactive journal experience by My Inspiration Never Dies.

Follow the instructions on the next two pages and take your time to log down your current life-work balance over the next week then, sit back and think about what kind of week you'd like to take part in.



BREAKDOWN YOUR CURRENT WEEK

Breakdown your current hours of the week. Segment them into sleep, social, family time, you time, exercise, work and whatever else you can think of.

How does your week look?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12am to 1am							
1am to 2am							
2am to 3am							
3am to 4am							
4am to 5am							
5am to 6am							
6am to 7am							
7am to 8am							
8am to 9am							
9am to 10am							
10am to 11am							
11am to 12pm							
12pm to 1pm							
1pm to 2pm							
2pm to 3pm							
3pm to 4pm							
4pm to 5pm							
5pm to 6pm							
6pm to 7pm							
7pm to 8pm							
8pm to 9pm							
9pm to 10pm							
10pm to 11pm							
11pm to 12am							

IDEAL WEEK

Now re-write your breakdown in your ideal week. What would you want it to look like? What's your balance?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12am to 1am							
1am to 2am							
2am to 3am							
3am to 4am							
4am to 5am							
5am to 6am							
6am to 7am							
7am to 8am							
8am to 9am							
9am to 10am							
10am to 11am							
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12pm to 1pm							
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6pm to 7pm							
7pm to 8pm							
8pm to 9pm							
9pm to 10pm							
10pm to 11pm							
11pm to 12am							

My Mind Voyage is available online from myinspirationneverdies.com.

