

Find Your Work-Life Balance: Stop your work from taking over your life // 50Minutes.com, 2017 // 50MINUTES, // 9782806269904 // 2017 // 32 pages

Work-Life Balance Is Possible for Remote Workers. When you work from home, the lines between work and life can blur. To be sure, working from home has many benefits, including no commute, fewer distractions, and a flexible schedule. Even with all these benefits, however, working from home can also lead to an unhealthy lifestyle in which you only work. How do you make sure that work doesn't bleed over into your life? How do you maintain work-life balance when your workplace and home are the same? In this guide, I'll draw on my 5+ years of working from home and give you some practical tips to ensure that work stays at work—even if your workplace is only a few steps from your living room. Note: This guide mainly focuses on how to work from home. These work-life balance quotes reveal the beliefs of top business leaders. Check out these work-life balance tips from the Tesla CEO, Starbucks CEO, Facebook CEO and Amazon CEO. Improve your work-life balance with advice from the top. Work-life balance remains elusive for many in a world of nonstop digital, social and professional demand. Yet that shouldn't prevent you from trying to relieve the strain caused by competing job and home priorities. Former Starbucks CEO Howard Schultz noted in his book that when you love your work, it often requires "sacrifice and pain in other areas" but the results can be worth the imbalance: "Entrepreneurs must love what they do to such a degree that doing it is worth sacrifice and, at times, pain. Read Find Your Work-Life Balance by 50MINUTES with a free trial. Read unlimited* books and audiobooks on the web, iPad, iPhone and Android. Find out everything you need to know about work-life balance with this practical guide. With the growth of technology and increasing expectations at work, it can be difficult to draw a distinct line between your personal life and your life at the office, leading to increased stress and difficulty coping. This helpful guide will give you all the advice you need to rediscover balance, enabling you to be a more efficient employee at the office and a more relaxed person at home!