



Name: .....

Date: .....

# Work Life Balance: Independent Learning Guide

The role models in the video "Work Life Balance" discuss the importance of having a healthy work life balance. Listeners learned that managing the ebb and flow of their lives can help them be more successful and happier.

Watch the video "[Work Life Balance](#)" at least once. Then read each statement below. Think carefully about each question before you answer it.

- 1. **At the beginning of the video, a role model told us that "it's very important to have a balance of your life, both sides, your career life and a private life."**

Why do you think it's important to balance both parts of your life, professional and private? What might happen if you don't have a good work life balance?

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- 2. **Although the focus of this video is work life balance, "work" doesn't only mean going into an office to sit at a desk.**

What different kinds of "work" are there? Is going to school and doing your best "work"? Why or why not?

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3. **One role model said, "It's really [all about] making the most of the moment that I am in."**

What do you think it means to "make the most of the moment you are in"? How can you always try to do this in your life?

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4. **At different points in your life, you may find yourself with varying priorities. Sometimes you may feel that your number one priority is something in your private life and other times it may be something in your professional life.**

Why do you think priorities change over time? What is a time where you might feel that your professional life (work or school) is most important? What is a time where you might feel that your private life is most important? Why?

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5. **Listeners learned that choosing the right partners is vital to achieving a healthy work life balance. You must have people that will support you and recognize your ability and ambition.**

Why do you think it's so important to choose the right partners in life? What might happen if you choose the wrong partners? Who do you already have in your life that supports you and recognizes your ability and ambition?

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6. A role model told us that an important step to achieving a healthy work life balance is to "try to understand what it is that you want, and then ask for it."

Fill in the blanks below to list the things that you know you want time for in your life. The first one has been filled in for you.

In my life, I want \_\_\_\_\_ *time to work on my favorite hobbies* \_\_\_\_\_ !

In my life, I want \_\_\_\_\_ !

In my life, I want \_\_\_\_\_ !

In my life, I want \_\_\_\_\_ !