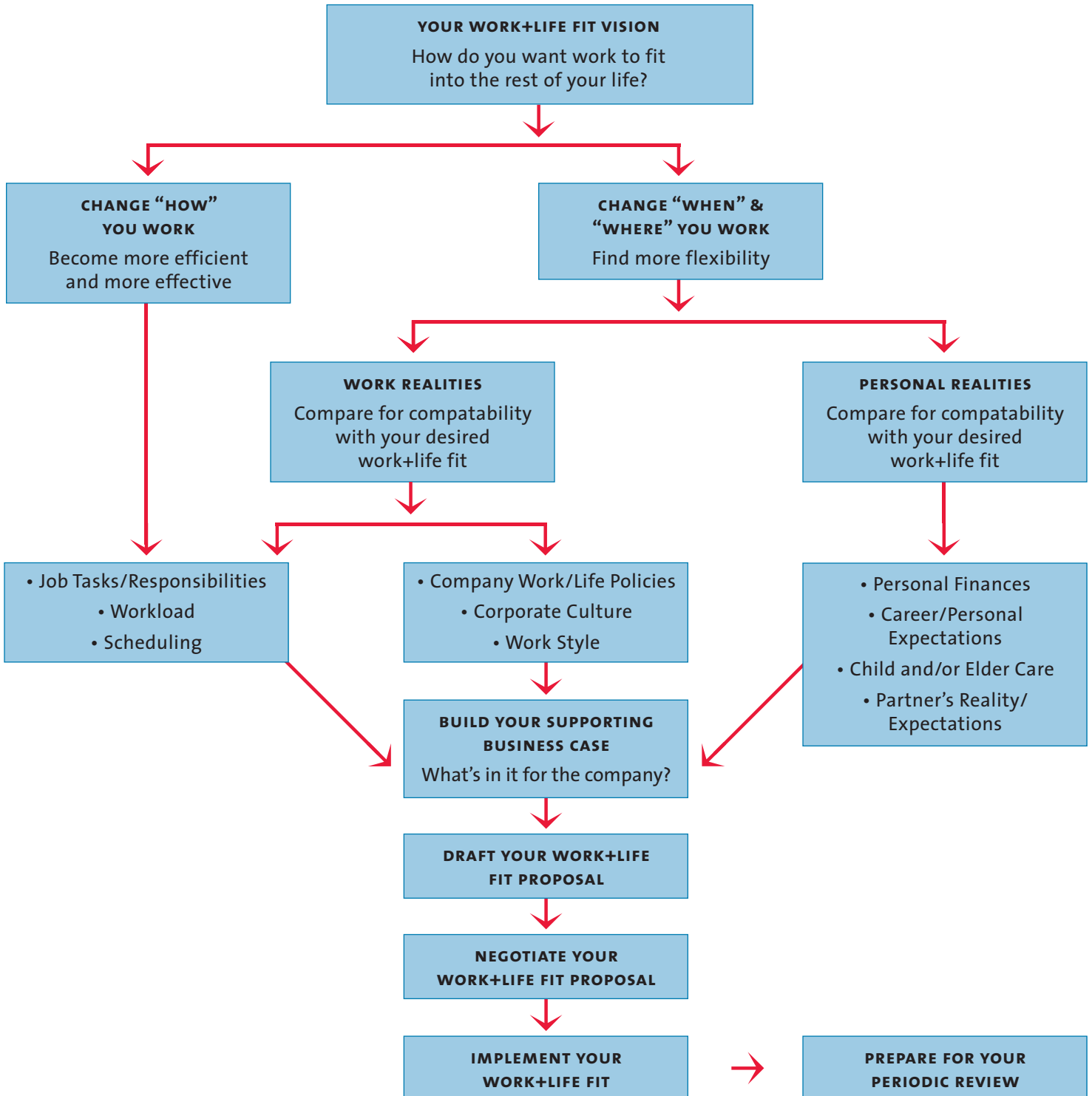


Work+Life Fit™ Roadmap



Work+Life Fit™ – Employee “Quick Fix” Checklist

Once you’ve implemented your work+life fit, keep a copy of this checklist handy. Refer to it whenever you experience challenges to remind you of the Three Steps to a Better Work+Life Fit™ and help get you back on track quickly:

HAVE YOU EMBRACED THE EIGHT WORK+LIFE FIT FUNDAMENTALS?

- 1 Take the initiative; I am the only one who knows my unique realities well enough
- 2 See the countless work+life fit possibilities; small changes make a big difference
- 3 Ask! If your plan is well thought out, the answer most likely will be “yes” to at least a trial period
- 4 Know that, as a good performer, I add-value by being productive, healthy, and present (both physically and mentally)
- 5 Make sure my fit makes sense for me and the business
- 6 Realize I can adjust my fit for any reason
- 7 Revisit and readjust my fit as I experience work and personal transitions both big and small
- 8 Be patient and persevere

HAVE YOU HIT A WORK+LIFE FIT ROADBLOCK?

Success Roadblock: Do you need to redefine success—in terms of money, prestige, advancement, or caregiving—to make it compatible with your work+life fit?

Fear Roadblock: Do you need to challenge the assumptions underlying a fear that’s keeping you stuck?

Resistance Roadblock: Are you experiencing resistance from within yourself or from others that you need to overcome?

In-the-Box-Thinking Roadblock: Are you thinking creatively enough?

ARE THERE ANY UNFORESEEN INCOMPATIBILITIES BETWEEN YOUR WORK+LIFE FIT AND YOUR WORK AND PERSONAL REALITIES THAT NEED TO BE RESOLVED EITHER BY CHANGING THE REALITY OR CHANGING YOUR ARRANGEMENT?

Work Realities

- Company Work/Life Policies
- Job Tasks & Responsibilities
- Workload
- Scheduling
- Corporate Culture
- Work Style

Personal Realities

- Personal Finances
- Career and Personal Expectations
- Child Care and Eldercare Supports
- Your Partner’s Reality and Expectations

HAVE YOU TAKEN THE RESPONSIBILITY TO EFFECTIVELY COMMUNICATE WITH YOUR MANAGER, YOUR TEAM, YOUR CUSTOMERS, YOUR FAMILY AND YOUR FRIENDS?