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**ART OF COACHING PODCAST™ EPISODE 344:**  
**TIPS FOR 'BALANCING' WORK AND FAMILY LIFE**

Do you know someone who seems to have it all "balanced"? What aspects of their lifestyle have made you look to them as a model for work-life success? List 3-5 actions or activities they do that you aspire to emulate in your own life.

What does the term "balance" mean to you in the context of your own life? In your personal or family structure, what changes or conditions would make you feel like you've achieved it?

List the top 5 things that matter most to you in life. Be specific. Next to each, write 1-2 actions you can take or steps you can follow to better fulfill these core values.



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On a scale of 1-10, how would you rate how well you are living in alignment with your values and goals? How have internal forces like guilt or ambition pulled you off course?

What types of solutions are actually feasible for you? Are there times when you need to purposefully live "unbalanced" or focus more on work than personal life?

Set a goal for when you'd like to have gained more control over the factors in your life and be living in a more "balanced" state. Now, cut that time in half. What hard conversations or actions do you need to prioritize to give you the greatest return on investment and start making progress right now?



## Art of Coaching Podcast™

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### ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



**Art of Coaching Podcast™**  
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