

Juggling Act: The 5 Buckets Principle



Poll: Does Work/Life Balance Exist?

- How many say YES?
- How many say NO?
- WE SAY YES!!
 - We just have to learn how to do it!!

Agenda

- Learn the Five Buckets Principle™ of work/life balance
- Obtain the tools to prioritize what is and should be important
- Think about the BIG PICTURE without ignoring the little things that matter

Global Perspective

- United States ranks 29th out of 36 overall on the “Better Life Index”
- 26th out of 36 in “working long hours”
- 32nd out of 36 in “time devoted to leisure & personal care”
- Why is this?
 - » Maternity leave - 12 weeks for mom and nothing for dad!
 - » 408.5 million Americans took vacation in 2012
 - » Americans fail to take 2 of their days every year
- Denmark number one
 - » Both moms and dads get one year maternity leave

Trends

- 73% of people consider flex schedule a top priority

~2013 Moms Corp.

- 45% of US workers would relinquish salary for time
- 5 hours 35 minutes Americans spends of leisure time per day – NOT enough time need 7 hours.

~US Bureau of Labor Statistics

- Watch TV 3.5 hours a day!

If your commute is over one hour a day, watch less TV

Five Buckets

- Family & Friends
- Work
- Community – Giving Back
- Financial
- Health



Family & Friends

Family

- Quality time vs. Quantity time
- When to listen and when not to listen
- Set boundaries
- It is ok to say no to family

Friends

- Someone who is happy for you during the good times but will coach you through the bad times
- Be selective



Work

- Remember you are “at work” more than anywhere else in life
- Reframe your attitude
- Make a list of everything you like about work
- Make a “D.I.G.” file – darn I’m good!
- Continue growing and learning
- Manage interruptions and time wasters
- Work harder than you ever thought you could

Community & Giving Back

- Outreach
- Volunteering
- Spirituality
- Making Connections
- The beauty of giving and caring and mattering
- Teaching your family members to get involved
- The world we live in really is small – even more important to care

Financial

- Goal setting
- Nickel and dime spending
- Retirement planning
- Start now
- Meat vs. Gravy
(necessity vs. luxury)
- Be prepared for the unexpected
- Debt management
- Family values
- Inheriting spending habits



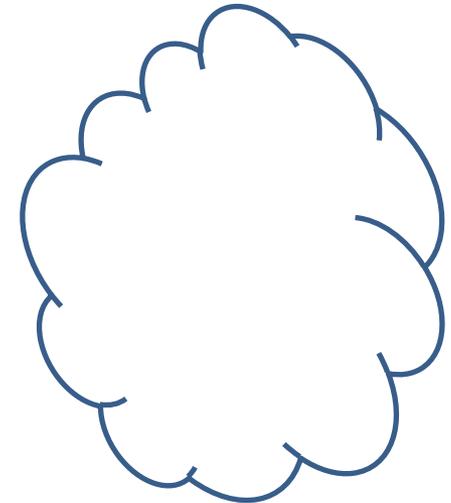
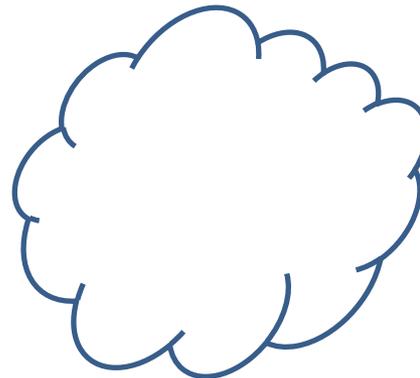
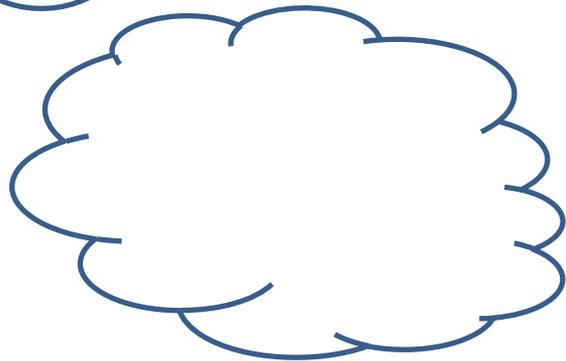
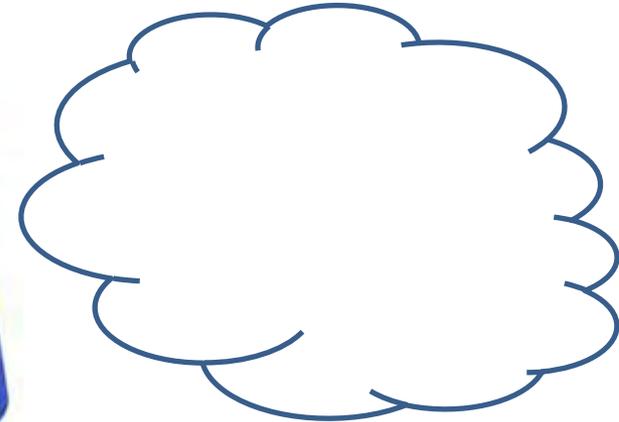
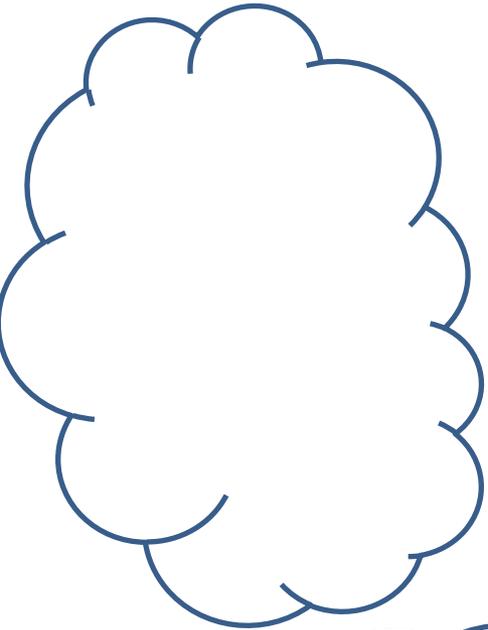
Health

Taking care of you:

- Exercise
- Preventative Screenings
- Health Journal
- Nutrition
- Sleep
- Stress Management



What are the ingredients for all the buckets?

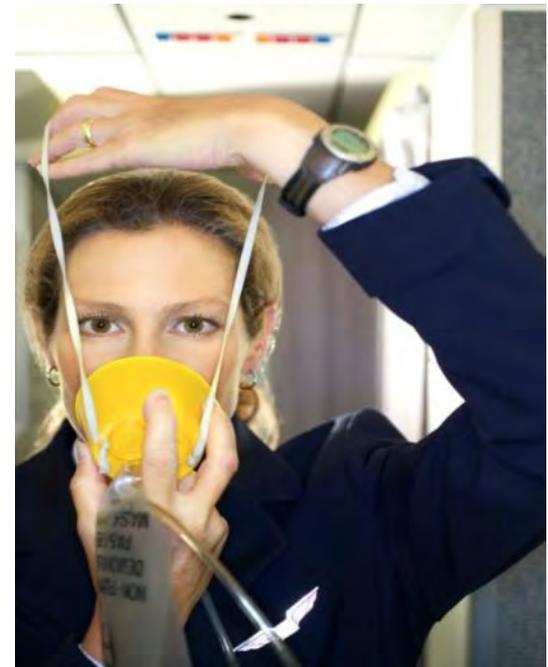


Choices... Choices... Choices

- Frequency of making choices
- Resources
- Daily, weekly, monthly
- Empowerment
- Every second, minute, hour, day, week , month, year, and decade count!

Invest in Yourself

- The “oxygen mask” theory – all starts with you
- Your “D.H.A.” – Dreams Hopes Aspirations
- Get excited
- Go into your “discomfort” zone
- Motivation, willpower and determination



Personal Growth & Development

- Always be learning....
- Brain exercise will keep you young
- Write your eulogy / retirement speech
- Re-evaluate your choices
- Examine other people's priorities
- Role-model your priorities
 - Wear them openly
 - Shout them from a rooftop



Happiness & Humor

- This is about enjoying life
- Embrace change and fear
- Laugh, laugh, laugh – learn about humor therapy
- Ethics and honesty
- Appreciation
- Tragedies
 - Moving on and upward
 - Example: lottery winners one year later--many say they are less happy
- Creativity
- Mindful living
- Giving
- Character: Who you are when no one is looking
- Never give up
- Don't dwell on the past



Will Power

- Will power is active only in 1/6th of your brain
- 5/6th of your brain power operates at the subconscious level... thus you are unable to control it
- However, scientific research has found that you are able to control all 6 parts of your brain
- Learn to control the subconscious thinking by putting your brain on manual control rather than autopilot
- Enable yourself to stay motivated

Avoid Procrastination

- A 50% average in making good decisions is a good record
- Many people are not good problem solvers, but they are good decision makers
- Learn to analyze facts quickly, make a decision, and then learn to live with the results!



Quote

“One worthwhile task carried to a successful conclusion is worth half-a-hundred half-finished tasks.”

~ **Malcolm S. Forbes**

Steve Jobs “Rules of Life”

Three Rules of Life ...

1. Your time is limited, so don't waste it living someone else's life.
2. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice.
3. Have the courage to follow your heart and intuition – they somehow already know what you truly want to become.

- Steve Jobs

Quote

“Nobody can bring you peace but yourself.”

-Ralph Waldo Emerson

Quote

I believe that being successful means having a balance of success stories across the many areas of your life. YOU CAN'T TRULY BE CONSIDERED SUCCESSFUL IN YOUR BUSINESS LIFE IF YOUR HOME LIFE IS IN SHAMBLES.

Zig Ziglar
VERYBESTQUOTES.COM

What 3 Action Steps will you commit to work on?

1.

2.

3.

Resources

- I Dare Me...
- Use What You've Got
- Drop Dead Healthy
- Man Search for Meaning
- TED Talks—Nigel Marsh: How to make work-life balance work
- Your own diary

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