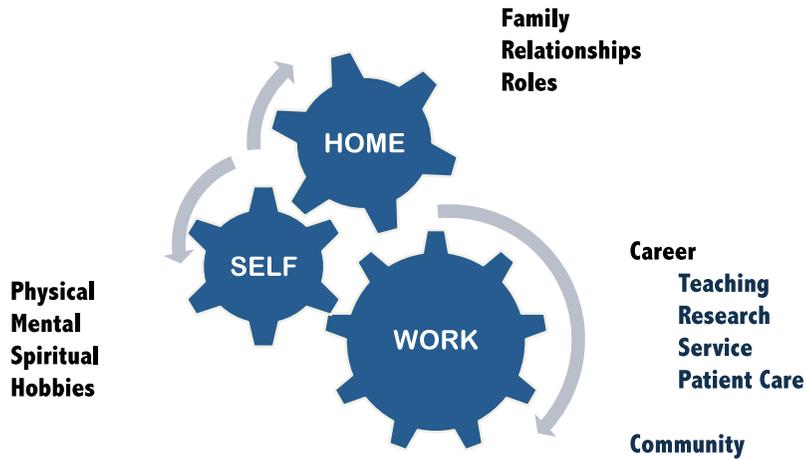


Work-Life Integration

LAMP 1/8/2013

What does “Work-Life” mean to you?



Rate your satisfaction with your work-life balance or integration:

Where you are today?
Where you want to be?

1	2	3	4	5	6	7	8	9	10
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**Unsatisfied
Overwhelmed
Discontent**

**Satisfied
Energized
Happy**

Take Inventory and Prioritize my work–life domains: WORK, HOME, SELF

Values & Passions:

(What qualities, and beliefs are at the core of who I am and how I live? What parts of my work and life truly energize me? When do I feel enthusiastic? What motivates me? When do I feel convicted to get involved?)

Vision:

(Who do I aspire to be? What do I want to accomplish? What do I envision my legacy to be? What have I not done that is important to me?)

Priorities:

(Prioritize your life by your values, passions and vision. Include domains of work, home, and self.)

1.

2.

3.

4.

Adapted and modified from: LAMP IDP at Indiana University School of Medicine, Faculty Development Consultants International for the Indiana University Bloomington Office of Women's Affairs, and Stewart Friedman. *Be a Better Leader, Have a Richer Life*. HBR, April 2008.

My Work–Life Strategy

Declare my work–life goal(s)	Outline my work–life strategy
<p>How can I improve my work–life satisfaction? How can I spend more time & energy on things I value? How can I decrease work–life conflict? (Question assumptions about how things get done.)</p>	<p>What do I need to accomplish this goal? Skills? Resources? Mentor? Who am I accountable to? What is my timeline? How will I measure progress? How will I know when my goal is achieved?</p>

WORK

(How can I change where or when work gets done? How can I minimize interruptions and concentrate purely on work? Can I utilize flexible work arrangements or policies? How can I build in time to volunteer at the outreach clinic?)

HOME

(How can I be present when I am with my family? What tasks can I delegate to free up time? How can I better communicate with my spouse/partner? How can I make boundaries between domains more permeable and not thicker?)

SELF

(How do I change my patterns of putting my personal time last? How can I improve my health, lose weight, or quit a bad habit? How can I find time to explore my creative interests? How can I devote time to my own spirituality?)

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