



# **5 Buckets Principle™**

## **The Science of Work-Life Balance**

# Agenda

- Introduction/Poll
- Learning Points
- Global Perspective
- Trends
- The Five Buckets
- Filling the Buckets
- Advice from the Experts
- Action Steps
- Closing
- Appendix

## **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!!**

# Learning Points

## Participants will:

- Explore this subject from a global perspective
- Identify the Five Buckets Principle of work-life balance
- Explore the elements necessary to fill the five buckets
- Determine action steps

# Global Perspective

- United States ranks below average (28<sup>th</sup>) in work-life balance and social connections – Better Life Index
- Why is this?
  - An estimated 40% of U.S. employees regularly work more than 50 hours per week, and 20% work more than 60 hours per week
  - 81% of US employees check their work email outside of work hours
  - Full-time American workers get an average of 8.1 paid vacation days after their first year on the job. – Bureau of Labor Statistics
  - U.S. workers left 705 million vacation days on the table in 2017
- Denmark number one
  - Only 2% of workers in Denmark work longer than 50 hour work weeks
- France is encouraging workers to unplug during off-hours
  - “In 2017, the French worked an average of 1,580 hours a year, while American workers worked about 1,780 hours.” - OECD

# Trends

- 74% of workers want “the ability to work flexibly.” This could include flexible hours, telecommuting, and other types of work arrangements. – EY Study
- 86 percent of millennials would consider taking a pay cut to work at a company whose mission and values align with their own – LinkedIn Workplace Culture Trends Report 2018
- The average American spends 5 hours and 25 minutes a day on leisure activities (including watching television, socializing and exercise) - American Time Use Survey, 2017

# Five Buckets

1. Family and Friends
2. Work
3. Community – Giving Back
4. Financial
5. Health



# Family and 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

- People who are 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
- Continue growing and learning
- Manage interruptions and time wasters
- Work harder than you ever thought you could

# Community and Giving Back

- Outreach
- Volunteering
- Making connections
- The beauty of giving, 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
- Be prepared for the unexpected
- Debt management
- Family values
- Inheriting spending habits

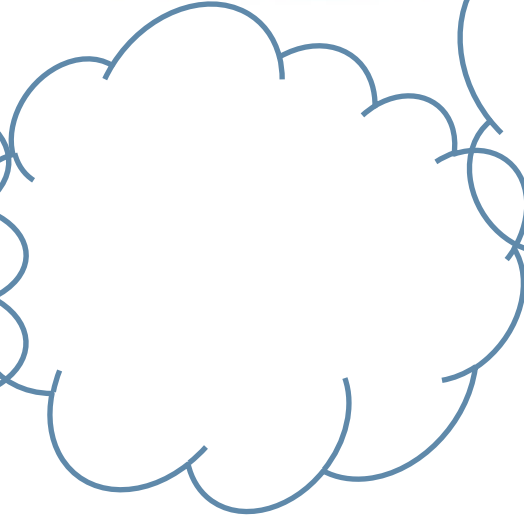
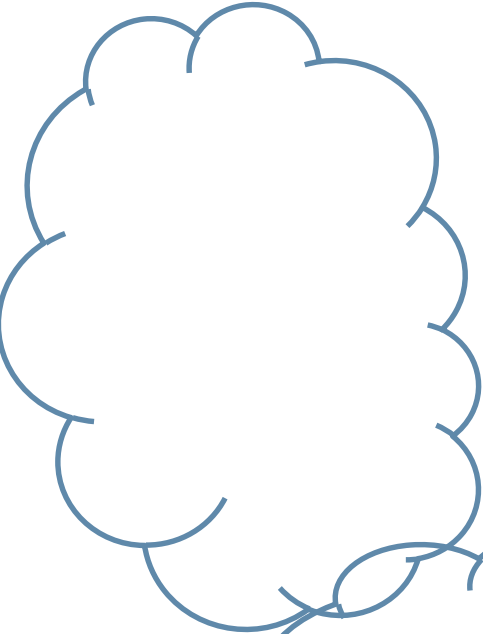


# Health

- Taking care of you
- Exercise
- Preventative screenings
- Health journal
- Nutrition
- Sleep
- Stress management



# What Are The Ingredients For All The Buckets?

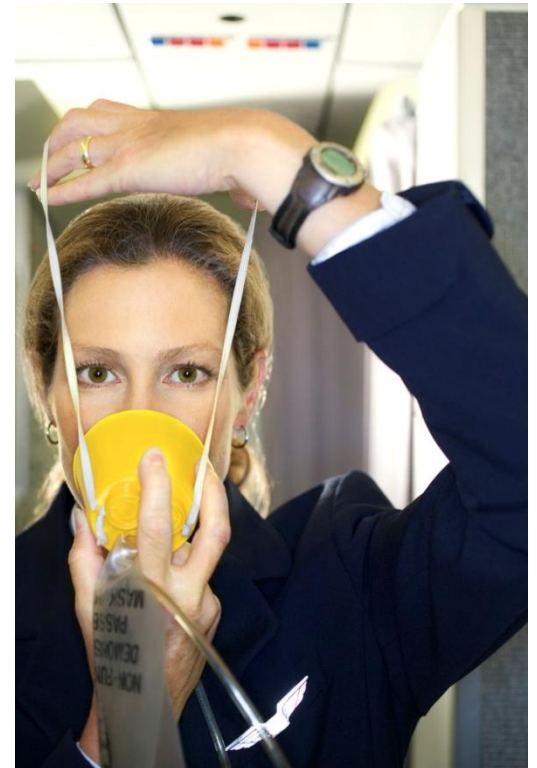


# Choices... Choices... Choices

- Frequency of making choices
- Resources
- Daily, weekly, monthly
- Empowerment

# 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 and Development

- Continue to learn
- Brain exercise will keep you young
- Write your eulogy / retirement speech
- Re-evaluate your choices
- Examine other people's priorities
- Practice your priorities
  - Wear them openly
  - Shout them from a rooftop





# Happiness and 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



## “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

**“Nobody can bring you peace but yourself.”**

**~Ralph Waldo Emerson**

“We think, mistakenly, that success is the result of the amount of time we put in at work, instead of the quality of time we put in.” - *Arianna Huffington*

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 Three Action Steps Will You Commit to Working On?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_