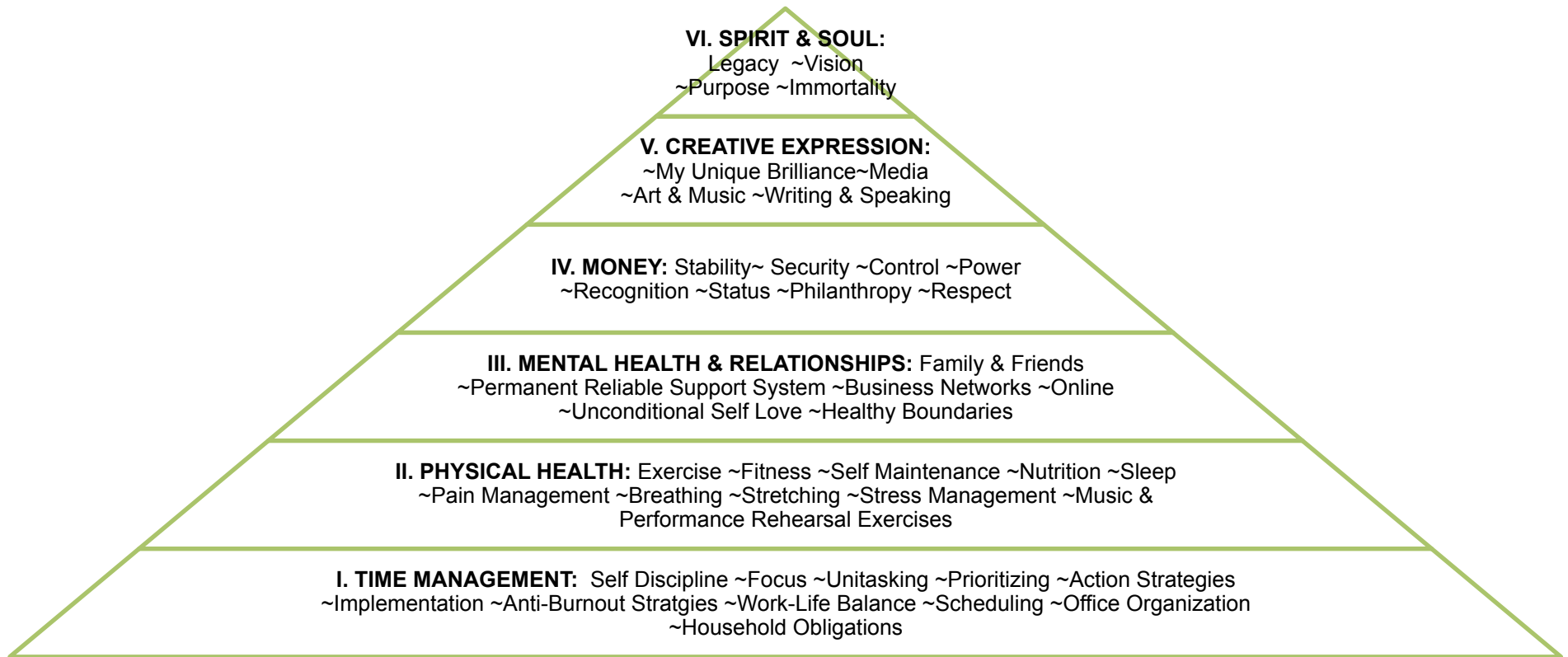


Laura Kessler's
Pyramid of Work-Life Balance

The Six Core Values:



Kessler Hierarchy of Balance and Productivity | ©2007 Laura Kessler, Creative Leadership Institute

I first created this pyramid about 5 years ago when I realized that I'd basically had the same Bucket To Do List for 10+ years and was moving forward at much too slow a pace on it for my personal satisfaction. One year on my birthday, I had an epiphany and realized that Physical Energy and Time Management are at the nucleus of everything affecting success, and furthermore it is not doing everything on the list, but rather the order and SEQUENCE in which goals and values are prioritized and accomplished that largely determines overall productivity and effectiveness. Much the same way a good fitness workout is made

better by exercising muscles in a specific sequence that makes each subsequent level better because of the preceding work, so too do mental and emotional tasks follow a similar path toward peak performance.

For many years, Physical Health was the 1st Pillar since without physical vitality and balance none of the others were successfully reached usually. However, a few years ago when I found I had become guilty of neglecting the Physical Values I was committed to, I re-examined the role of Time Management, and for that reason, now place it first in the series.

	PAST	PRESENT
I. TIME MANAGEMENT: Self Discipline ~Focus ~Unitasking ~Prioritizing ~Action Strategies ~Implementation ~Anti-Burnout Strategies ~Work-Life Balance ~Scheduling ~Office Organization ~Household Obligations		
II. PHYSICAL HEALTH: Exercise ~Fitness ~Self Maintenance ~Nutrition ~Sleep ~Pain Management ~Breathing ~Stretching ~Stress Management ~Voice & Performance Rehearsal Exercises		
III. MENTAL HEALTH & RELATIONSHIPS: Family & Friends ~Permanent Reliable Support System ~Business Networks ~Online ~Unconditional Self Love ~Healthy Boundaries		
IV. MONEY: Stability~ Security ~Control ~Power ~Recognition ~Status ~Philanthropy ~Respect		
V. CREATIVITY EXPRESSION: ~My Unique Brilliance ~Media ~Art ~Writing & Speaking		
VI. SPIRIT: Legacy ~Purpose ~Immortality		

WHAT'S SCREAMING AT ME RIGHT NOW?

NOTES: