

# CU Educator Support Worksheets

## Work Life Balance

*"A good job can be both practically attractive while still not good enough to devote your entire life to."*

*~Alain de Botton*

**Don't forget:**

***If you want to talk with someone about this worksheet, get other ideas,  
or just share your thoughts give us a call:  
Well-Being Support Line at 303-724-2500.***

### Questions to consider:

1. Is my work already my main source of happiness? \_\_\_\_\_
2. What needs do I get met through my work place? \_\_\_\_\_
3. When am I my best self at my work? \_\_\_\_\_
4. What things make me feel competent/confident in my job? \_\_\_\_\_
5. What part of my career would I like to grow? \_\_\_\_\_
6. What happiness needs does my workplace provide? (community, identity, meaning) \_\_\_\_\_
7. What happiness needs can my workplace not provide? \_\_\_\_\_
8. If money didn't matter, how would I spend my days? \_\_\_\_\_
9. What are the things other than work that I would like to do? \_\_\_\_\_
10. How does my workplace support me or get in the way of finding a balance? \_\_\_\_\_
11. If I had more freedom/time, what would I do differently? \_\_\_\_\_

### Activities to try:

#### Setting Boundaries at Work

- Schedule personal activities into your calendar
- Set a start time/end time for your day and don't do any work outside that time
- Ask for help
- Go for a run during your lunch break
- Ask your boss about flexible job options
- Take a vacation
- Take time off and see how you spend your days
- Take work e-mails off your phone
- Say no to a work project
- Track the amount of time you spend on work while not officially "at work"

#### Creating Connections to Bring Balance to Work

- Set up a workplace service project
- Invite a coworker out to lunch
- Have your family meet you at your work
- Find a common place at work to interact with coworkers
- Set up a hobby group or workout team at your workplace
- Do Nothing at work (schedule thinking/rest time as part of your work day)