

EXCLUSIVE WEBINAR PRESENTATION

WORK-LIFE BALANCE:

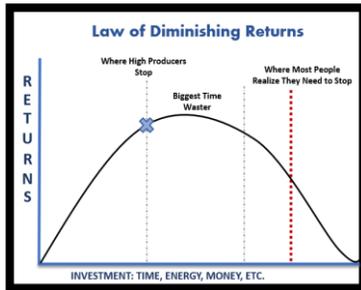
PROFESSIONAL AND PERSONAL APPROACHES FOR RDNS

EARN 1 CPEU

PRESENTED BY SOHAILLA DIGSBY, RDN, LD, CPT,
ON JANUARY 30, 2019, FROM 2-3 PM EST

BALANCE is STRATEGIC

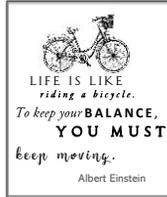
- personal
- spiritual
- relational
- professional
- physical
- financial





BALANCE is DYNAMIC

- Requires movement
 - shifts and weight distribution
- Requires intention and attention
- Requires inner strength (at your core)
- Gets easier with practice



BALANCE takes CONSTANT EFFORT



Being one's BEST considers the balance of life's best big-picture and doesn't let one important aspect of well-being suffer on account of another.



Do not be "overwise" or "overwicked"



-King Solomon, Ecclesiastes

STRATEGIC LIVING

- You can be either strategic or sorry
- If you keep up, you don't have to catch up
- Prevention (with maintenance) is better than recovery
- #progressnotperfection

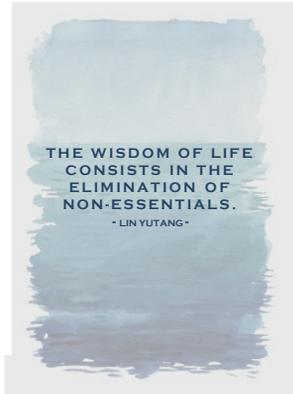
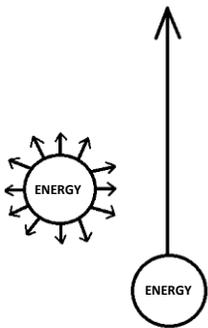
**SUCCESS IS NOT FINAL.
FAILURE IS NOT FATAL:
IT IS THE COURAGE TO
CONTINUE THAT COUNTS.**

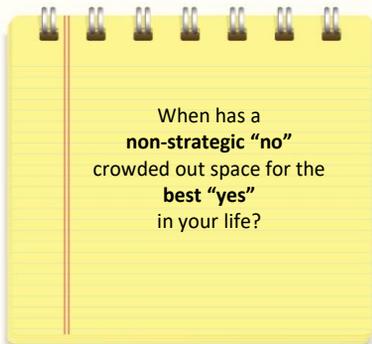
-Winston Churchill-

ESSENTIALISM

"The Way of the Essentialist involves doing less, but better, so you can make the highest possible contribution."
-Essentialism by Greg McKeown

- Create space for clarity in your vision for the next 90 days
- Consider a "quarterly offsite" without electronics to determine the top 3 things to accomplish in next 90 days
- Review past journal entries and calendar





It's only by saying 'NO' that you can concentrate on the things that are really important.

- STEVE JOBS

How to say 'no' gracefully:

- *"Separate the decision from the relationship*
- *Saying 'no' gracefully doesn't have to mean using the word no*
- *Focus on the trade-off*
- *Remind yourself that everyone is selling something*
- *Make your peace with the fact that saying 'no' often requires trading popularity for respect*
- *Remember that a clear 'no' can be more graceful than a vague or noncommittal 'yes'"*

-excerpt from *Essentialism*, by Greg McKeown

EXAMPLE OF PLANNING MARGIN:

2019 FEBRUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			WEBINAR: Today's Dietitian		1	2
3	4	5	6	7	8	9
10	11	12 WEBINAR: Self Publish vs. Traditional	13	14	15	16
17	18	19	20	21 present at conf. in New York City	22	23
24	25	26	27	28		

Make a List to Differentiate

- Need TO DOs
- Nice TO DOs
- Not-so-Nice TO DOs
- Wise TO DOs

GOALS: Sacred and SMART

Powerful secret: The way to achieve our goals is to hold them tightly and our strategies loosely. To zig and zag with strategy is not a mark of failure, but instead a goal-setting super power.

-MEGAN HYATT MILLER

STRATEGIES: Suspensible

CHOOSE 1 or 2 TO START

Waiting for the perfect time to start?

progress
progress
don't let perfect be the enemy of good
progress
progress

personal
spiritual
relational
professional
physical
financial

CAPITALIZE ON STRENGTHS

- “Exploited strengths are of far greater benefit as a leader than marginally improved weaknesses.” (-Andy Stanley)
- Are you spending too much time working on your weaknesses at work?

KEEP YOUR VALUES IN VIEW

- Fill in this blank:

“ _____ is everything!”

- Do the following confirm this?
 - checkbook/credit card statement
 - to-do list/journal entries
 - state of affairs at home and office

Would your loved ones agree this is true?

NON-NEGOTIABLES

- What are your non-negotiables?
- To determine these, consider:
 - What do you most consistently do, and with whom?
(Tip: think through each day of the week, one day at a time.)
 - What do you most consistently WISH you had done?
 - What disciplines, if practiced faithfully would make the biggest impact on your quality of life?

TASK PAIRING can BRING BALANCE

- Creating brain pathways that associate with the reward
- What task that you dislike can you pair with tasks you enjoy?
Examples:
 - Laundry + a funny movie
 - Running + a great playlist
 - Social media scheduling with a friend at Starbucks
 - Cleaning your office + your favorite coffee
 - Carwash + call your mom

What should you NOT do while multitasking?

TIME TRACKING

The Fringe Hours: Making Time for You, by Jessica Turner

- oxygen mask philosophy
- manage expectations
- morning
- lunchbreak
- transition time
- waiting
- “piddling”
- communicate with spouse/family
- where is the fringe time/margin?

**WHEN YOU KNOW
YOUR **WHY**,
YOU'LL KNOW
YOUR **WAY**.**

Michael Hyatt

WHY DO? WHY DUMP? WHY DELEGATE?

DO

SOHAILLA'S TIP:

left journal page
(brainstorm/brain-dump)

right journal page —>>>>

GREG MCKEOWN'S TIP:

If it's not a definitive yes,
(>90% sure) then it's a no.

Make decisions by design,
not by default.



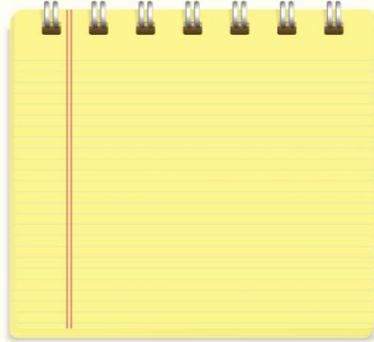
DUMP

"You cannot overestimate the **unimportance** of practically everything."

-John Maxwell

"Only do what only you can do."

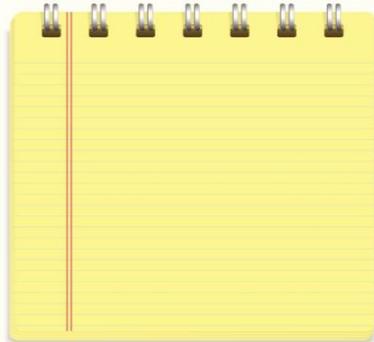
-Andy Stanley



DELEGATE

"Will this activity or effort make the highest possible contribution toward my goal?"

-Jim Collins, *Good to Great*



WHAT CAN BE DELEGATED?

- meal planning
- grocery shopping
- meal prep
- cooking
- housekeeping
- yard work
- organizing
- dry-cleaning
- mending
- haircuts/color
- alterations
- social media scheduling
- graphics
- creating handouts
- fixing
- maintenance
- childcare
- tutoring/afterschool help
- taxi-ing/carpooling
- travel planning
- research
- accounting
- even reading: audiobooks!

Review your values and non negotiables to decide what is not up for delegation

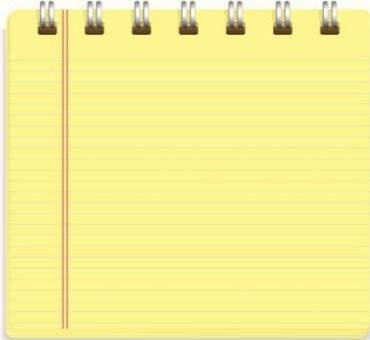


What is just plain fun to you?

What games or sports do you like to play?

Where would you like to go?

What are your passion projects?





What is restful to you?

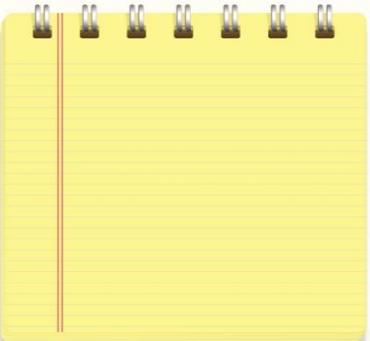
Have you tracked your time?

Do you have margin to unwind?

How many hours of sleep do you require?

Is anything getting in the way?

Do you observe an official "day of rest"?



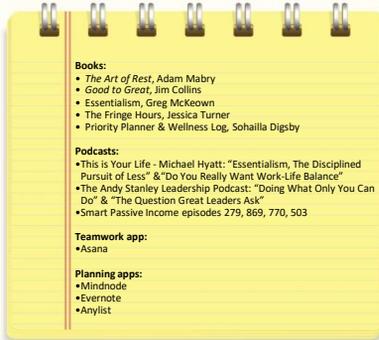
Work-Life

Questions?

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  @bestbodyin52

"When I examine myself and my methods of thought, I come to the conclusion that the gift of fantasy has meant more to me than my talent for absorbing positive knowledge" ~ Albert Einstein

Resources



Credit Claiming

