

Integrating Work, Home and Personal Life

By Boris Joaquin





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[@borisjoaquin](https://www.instagram.com/@borisjoaquin)



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Improving WORK





BREAKTHROUGH
LEADERSHIP
MANAGEMENT CONSULTANCY

VPN



 **monday.com**



Basecamp



TeamViewer

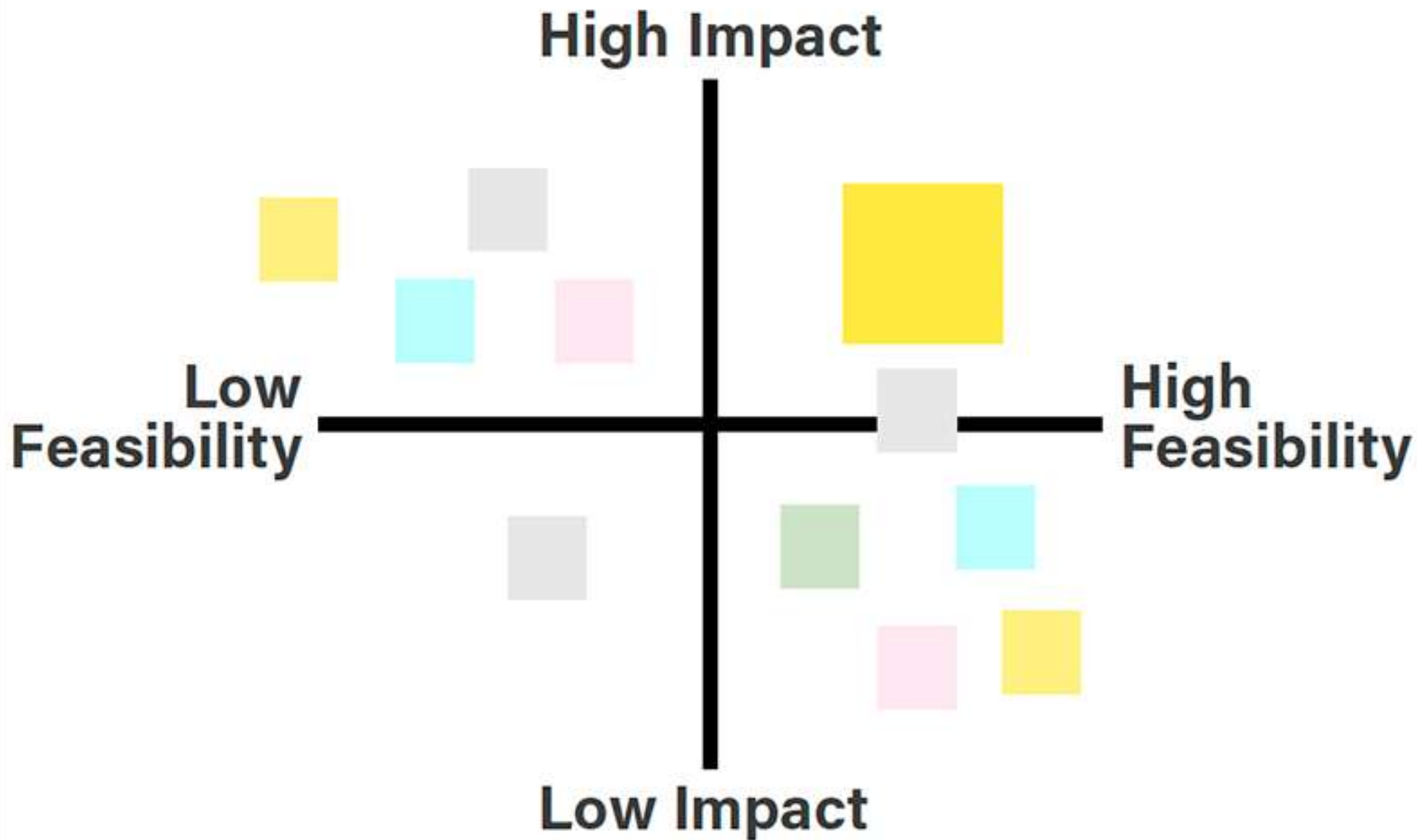


asana

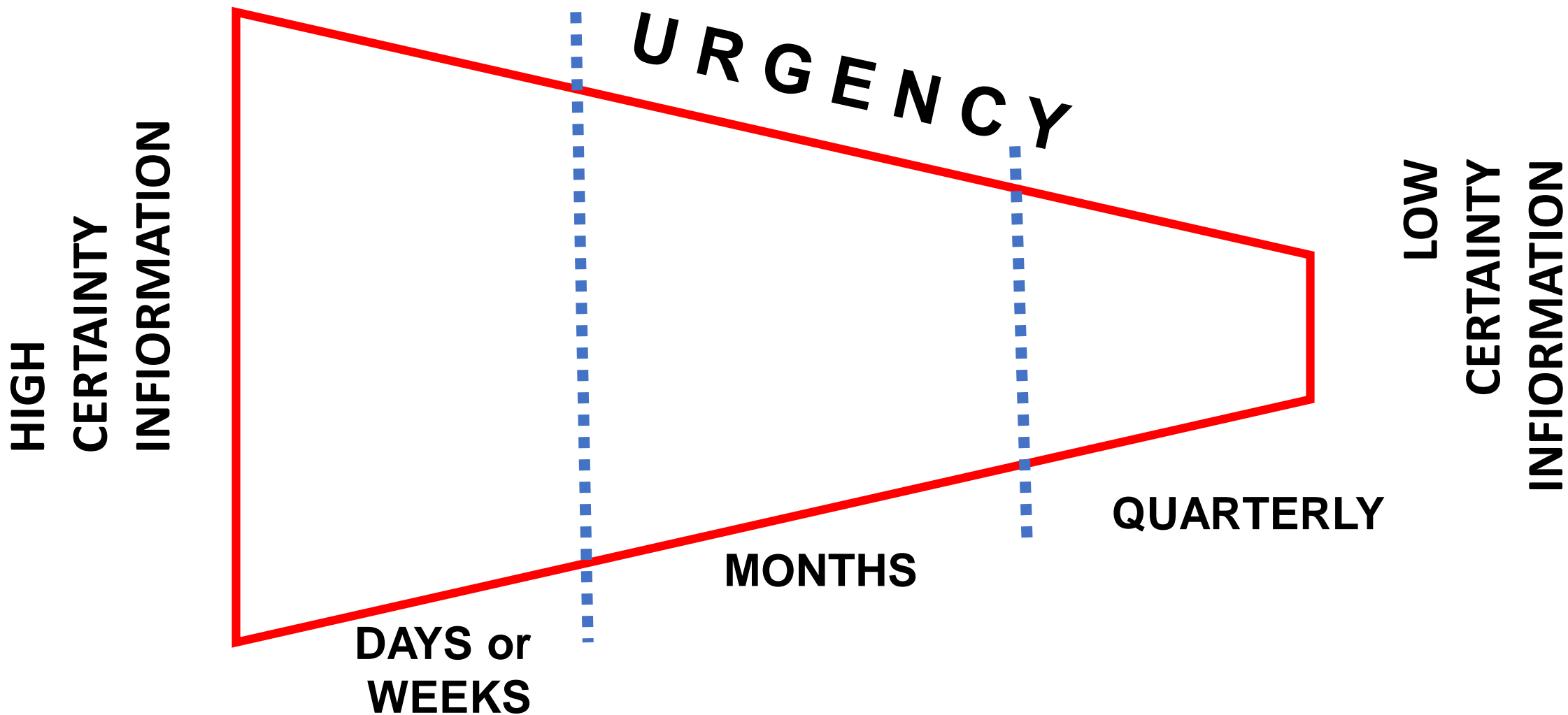


Trello

**REMOTE
TOOLS**



IMPACT > PROGRESS



Self-discipline

the ability to regulate conduct by principle and judgment rather than by impulse, desire, pressure, or custom.

zoom



Cisco
webex

Google Hangouts



Skype for Business

join

me



BREAKTHROUGH
LEADERSHIP
MANAGEMENT CONSULTANCY

VIDEO
CHAT

Involving HOME



MARCH TO A MISSION

a commitment to a personal mission / purpose for your life

**If present and developed,
people will:**

- ✓ Have clarified their personal mission
- ✓ Be goal-driven
- ✓ Have long-term plans
- ✓ Be industrious
- ✓ Seek alignment
- ✓ Understand the importance of time management

**If lacking / underdeveloped,
they will:**

- ✓ Lack personal mission & direction
- ✓ Live only for the day, see goals as tasks
- ✓ Make short-term choices
- ✓ Can get easily bored with no direction
- ✓ Lack focus

TO MARCH TO A MISSION, we need:

PURPOSE

Why do I exist? What is my purpose for living?

VISION

So what that I exist? How is the world different because I exist?

ROLES

Where do I exist? How do I accomplish my mission?

GOALS

How do I progress in being authentically successful?

INTEGRATE ALL OF LIFE

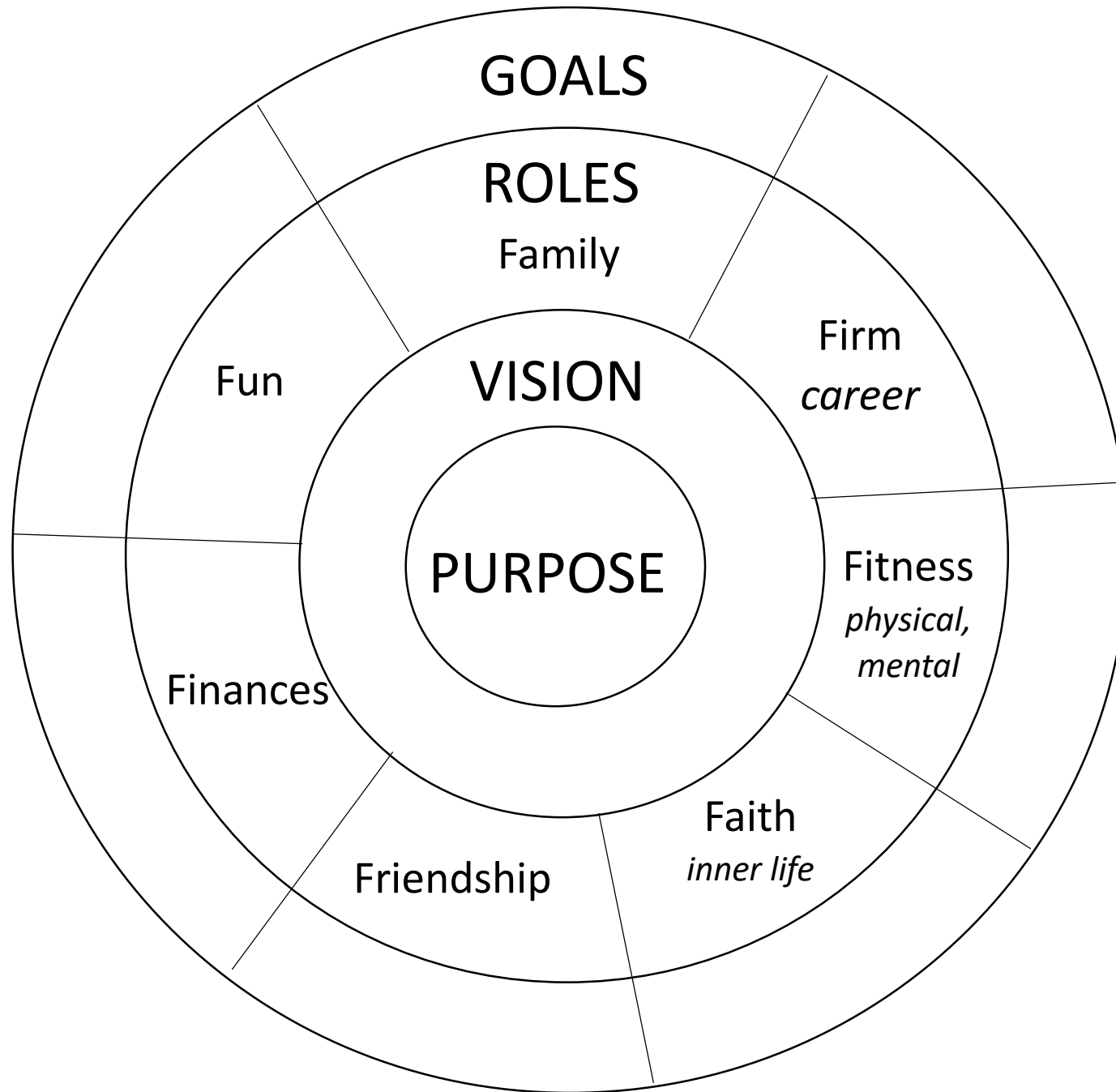
commitment to pursue balance all vital areas of life

**If present and developed,
people will:**

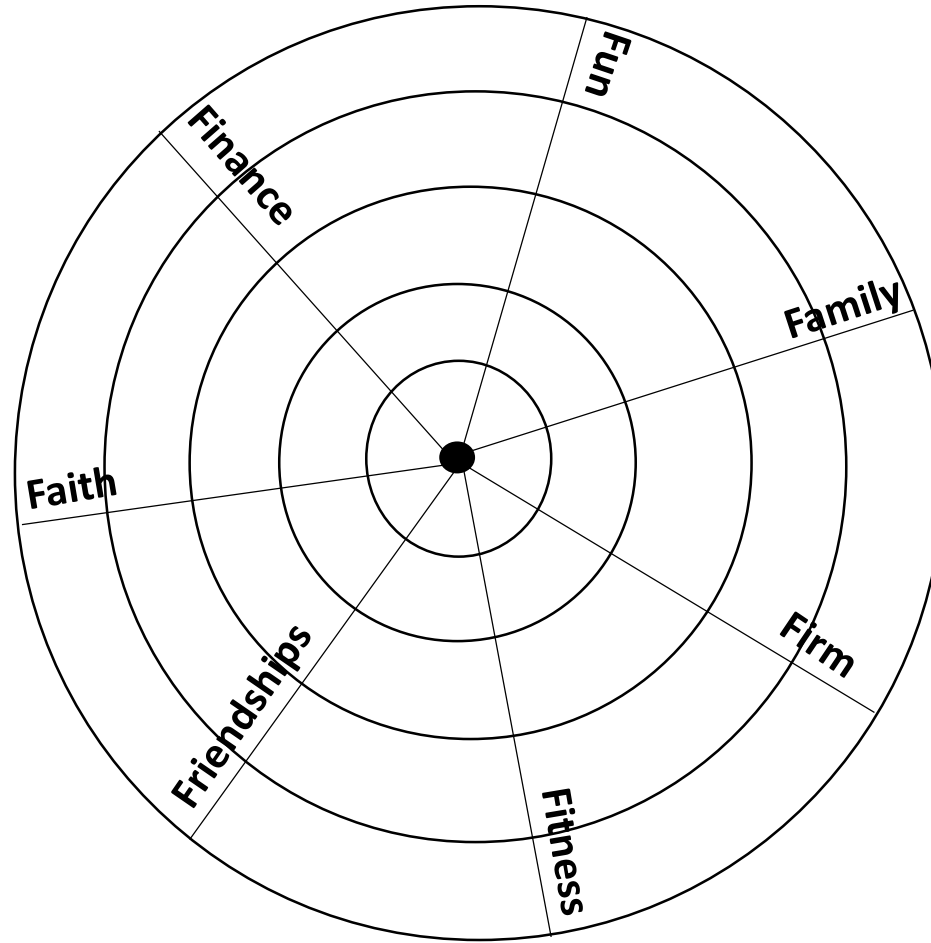
- ✓ Balance priorities, have a balanced life
- ✓ Be more disciplined and less impulsive
- ✓ Have more energy for other interests

**If lacking / underdeveloped,
they will:**

- ✓ Lack balance, neglect certain areas
- ✓ Be prone to burnout
- ✓ React more strongly to difficulties



The Wheel of Balance



ACTIVITY:
**The Wheel of Balance,
Weekly Cross Training Sheet**

Evaluate your priorities by shading each area in your Wheel of Balance. Which areas will you focus on this week?

What actions will you take this week to begin bringing the above areas closer to balance?

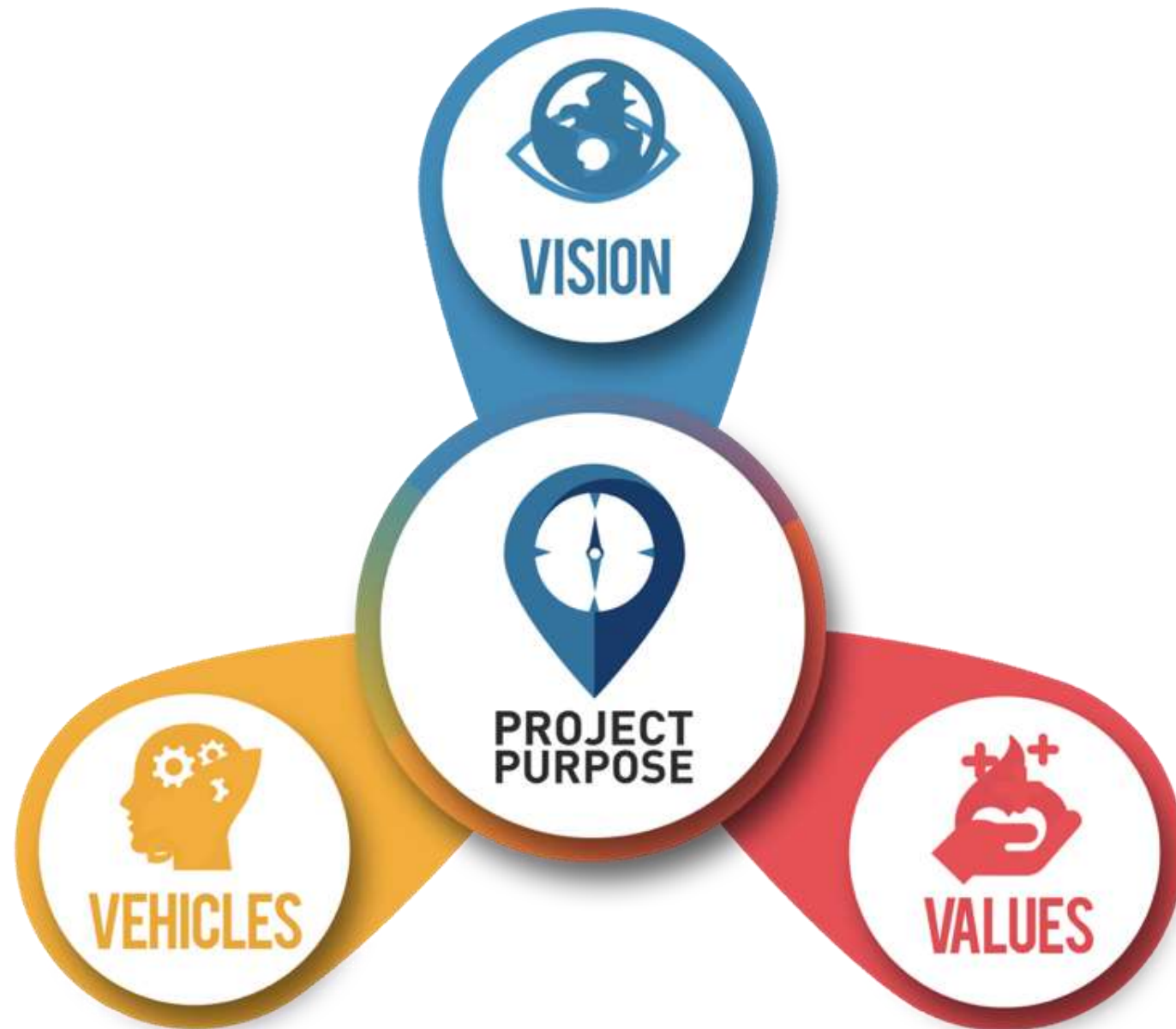
Fill in your **Weekly Cross Training Sheets** to identify your goals and priorities and monitor your progress in pursuing your goals.

To integrate the seven areas of your life:

- Balance **priorities** (professional and personal).
Set priorities intentionally.
- Balance **attitudes** (structure and spontaneity). Success is a journey, not a destination.
- Balance **goals** (results and relationships).
People are more important than schedules.

Integrate PERSONAL LIFE





ACHIEVE PERSONAL SIGNIFICANCE

a self-awareness trait – one of accurate self-image:
a healthy knowledge of one's own strengths and development areas.

**If present and developed,
people will:**

- ✓ Be self-aware
- ✓ Be confident in their strengths
- ✓ Contribute significantly
- ✓ Acknowledge development areas
- ✓ Engage and get involved
- ✓ Influence others
- ✓ Have a long-range perspective
- ✓ Display openness, humility
- ✓ Accept feedback

**If lacking / underdeveloped,
they will:**

- ✓ Lack self-confidence
- ✓ Be unaware of their own strengths
- ✓ Align themselves in tasks not their strength
- ✓ Misjudge their impact on situations
- ✓ Be short-term thinkers
- ✓ Defensive to feedback

Self-Awareness

You exist to make a significant impact on your world.

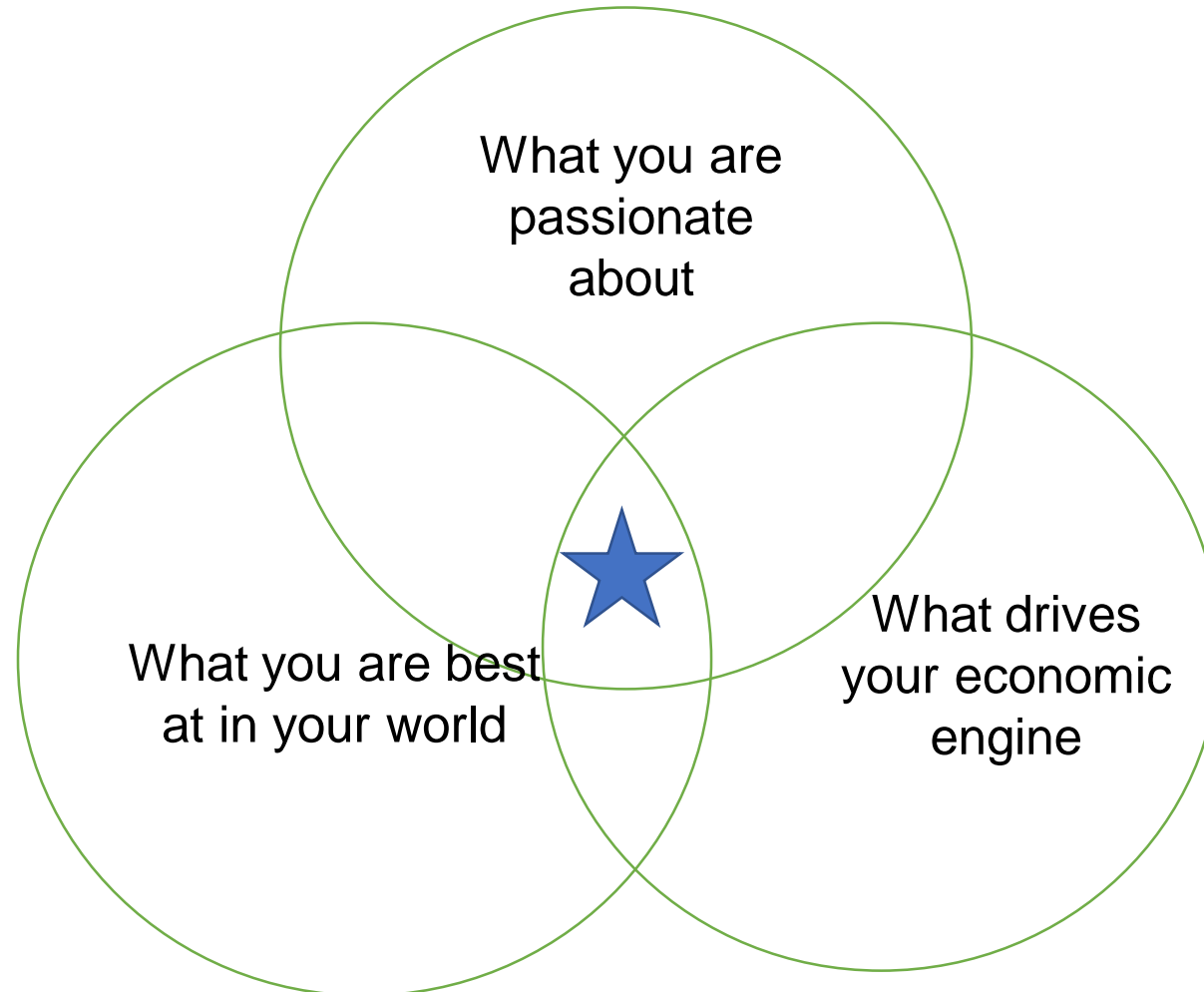
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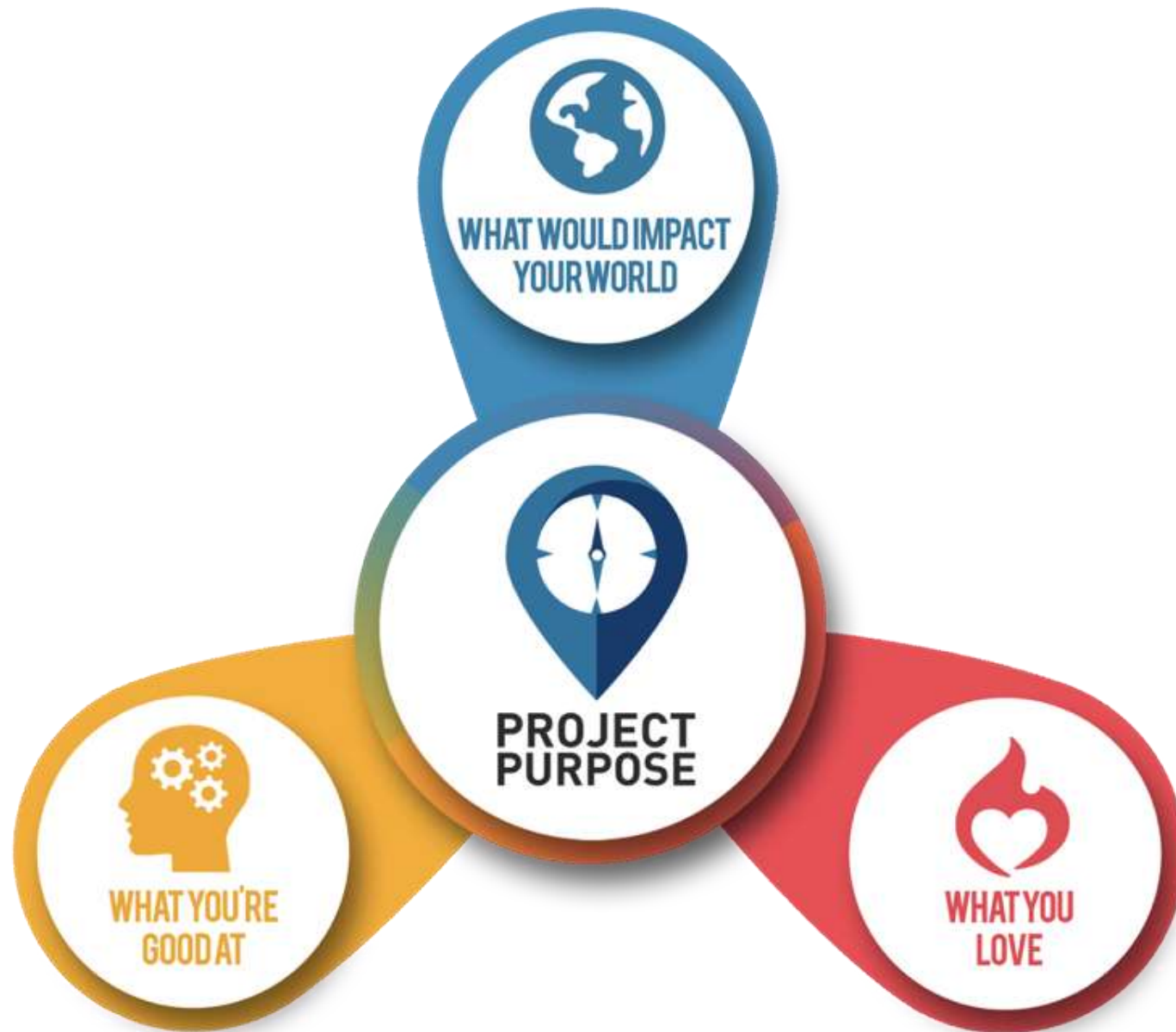
You have soft spots.

A leader who is self-aware enough to know that he or she is not adept at everything is one who has taken the first step toward being a great leader.

MARSHALL GOLDSMITH

The Hedgehog Principle *JIM COLLINS*






***“Where there is no vision,
the people perish.”***

Proverbs 29:18





**“When the why is known,
the how is easy...”**



**PROJECT
PURPOSE**

INTERNALIZE RIGHT PRINCIPLES

a commitment to live a values-driven lifestyle

**If present and developed,
people will:**

- ✓ Demonstrate consistent decision making
- ✓ Choose good
- ✓ Be known for & espouse their principles
- ✓ Be trustworthy and reliable
- ✓ Not bend principles for personal gain
- ✓ Aspire to higher standards

**If lacking / underdeveloped,
they will:**

- ✓ Act unpredictably
- ✓ Are more concerned with own interests
- ✓ Shrink from expressing values
- ✓ Require more controls
- ✓ Willingly bend principles for personal gain
- ✓ Decide based on circumstances

Build Right **VALUES** Into Your Life

Verify your own values.

Articulate your universal principles.

Learn the proper perspective on issues.

Unpack right values through action.

Evaluate your personal growth.

Share your values and principles with others.

**More and more people today
have the **means to live**
but **no meaning to live for.****

VIKTOR FRANKL

**We are to run the race of life to win.
What is the race you are running?
Do you know your mission?
Have you written it down?
Are you living in light of it?**

RON JENSON

BUILD GOOD HABITS

Have a plan

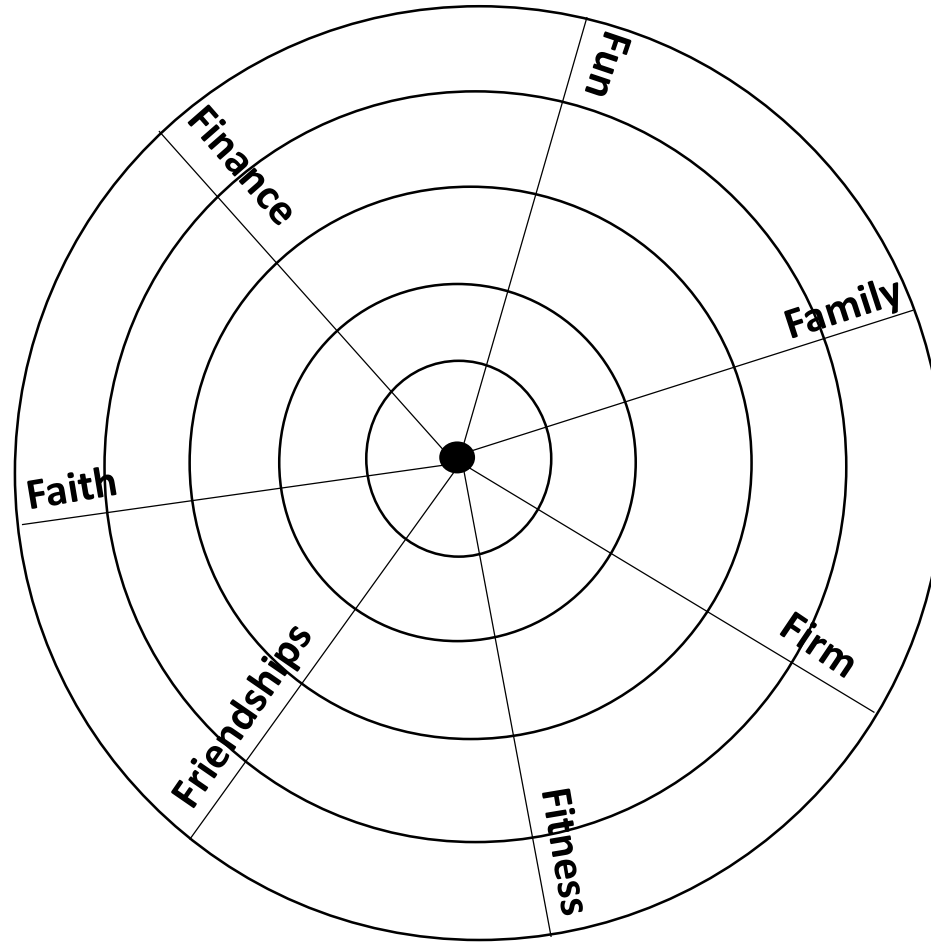
Attach pain and pleasure

Build accountability

Internalize truth

Train consistently

The Wheel of Balance





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