# Squiggly Careers PodSheet

## How to find your work/life fit

### Achieving Balance vs. Finding Fit

Achieving the perfect balance implies reaching a level of perfection that doesn't exist. It creates pressure and leads to comparison *"if they can do it all, then why can't I?'*

'work/life fit' focuses on finding out what is most important for you right now and fitting together the pieces of your work and life in the best way for you.

### How has the COVID-19 pandemic affected your work/life fit?

> There is a vital difference between managing time and managing work: work is infinite, time is finite.
>
> **Jim Collins, Beyond Entrepreneurship 2.0**

### 3 Ideas for action to find your fit

**1** **Fix and flex your fit**: Don't get too rigid or fixed on rules as it can create resistance and stress in a squiggly career.
*Reflect on what you can fix and how you can be flexible with it.*

**2** **Identify your mis-fit flags**: Work out the signals which help you know when your work/life fit isn't working.
*Share these mis-fit flags with someone you trust to notice it.*

**3** **Name the work/life conflicts that are out of your control:** Identify what is creating any challenge in achieving your desired work/life fit. Ask yourself these questions:

? *What would a good / better / best outcome look like for me?*

? *Who could I learn from that has experienced the same?*

? *What compromises would I be willing to make to move forward?*

### 3 mindset principles

1. **Accepting** that your work/life fit might be a work in progress.

2. **Knowing** that finding your fit will mean making choices and trade-offs.

3. **Understanding** your work/life fit is personal to you and not falling into the comparison trap.

### Tactics to improve your fit

**Helen says:** Look at times when you can multi-task to double the value of your time *(e.g. commute + podcast).*

**Sarah says:** When a situation is out of your control, try to "let it go". This creates a mental shift that helps you see any alternatives / options.

### More Coach Yourself Questions

? **What might your work/life fit look like for you this week?**

? **Who are the people around you that could support or sponsor your work/life fit this week?**

### Recommended resources

**Invisible Work**
John Howkins on how to find your fit in a new world of work

**TED Talk: How to gain control of your free time**
Laura Vanderkam on how to best manage your 168 hours a week.

**How to manage boundaries**
Squiggly Careers episode #121

*Amazing if*