

# 11 TIPS TO FIND WORK / LIFE BALANCE

If you do what you love, you'll love what you do right? But that doesn't have to mean being connected 24-7-365. Productivity and creativity increases after rest and time off. A walk outdoors, a night with family or a long weekend road trip can help refocus, clear your mind and recharge your energy. Here's a few steps to find your work/life balance.

## 1. CREATE ROUTINE

Whether its meditation, breathing exercises, or jamming out to your favorite music find a transition time practice that helps you mentally switch gears into your evening.

## 03. TURN OFF

Being able to unplug and recharge means turning off notifications, putting devices down and enjoying the calm or craziness your night sky includes.

## 5. HAVE A DANCE PARTY

We love seeing photos of parents after work dancing around the living room with their kids. Pick a song, crank it up around your house and get the whole family to join in before you settle in for the evening.

## 7. WORKOUT

There is no arguing that a killer workout makes you feel better. Whether it's running, hitting the gym or your favorite yoga practice, centering yourself through a workout is a great transition activity.

## 9. BE ACCOUNTABLE

Telling your spouse or a close friend about your intentions to create a better work life balance can help you stay accountable to your goals.

## 11. FIND TIME

You might just realize that evenings will never allow for personal time, so look for other pockets of the day. Ten minutes in the morning in a silent house with a cup of coffee can change the outlook of an entire day.

## 2. ESTABLISH A PRACTICE

Whether its meditation, breathing exercises, or jamming out to your favorite music find a transition time practice that helps you mentally switch gears into your evening.

## 4. CHANGE CLOTHES

Some people recommend changing clothes after work to "evening attire" that helps you relax and switch gears. Your yoga pants are calling!

## 6. SET AN INTENTION

Each evening find a focal point or intention you want to accomplish that night. Choose a word or phrase you can focus on that will drive your evening activities.

## 8. UNPLUG

Don't take your devices to bed. Being unplugged means getting the sleep you need and not taking work to bed with you either.

## 10. DRINK WINE

It doesn't have to be wine, but enjoy a nice beverage and meal to help bring closure to the day.



Some days we feel balanced, and others out of control. If you find work you are passionate about it's likely to spill over into your personal time because you'll choose activities that align your personal and professional interests. Keep checking in with yourself, your family and your team at work about ways to continually grow and improve your life balance.

Link to Full Blog:

<http://gettingsmart.com/2015/07/11-tips-to-find-the-elusive-worklife-balance/>

# My Life And Work

**M Walker**



## **My Life And Work:**

*My Life and Work* Henry Ford, 2018-10-09 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it This work is in the public domain in the United States of America and possibly other nations Within the United States you may freely copy and distribute this work as no entity individual or corporate has a copyright on the body of the work Scholars believe and we concur that this work is important enough to be preserved reproduced and made generally available to the public To ensure a quality reading experience this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy to read typeface We appreciate your support of the preservation process and thank you for being an important part of keeping this knowledge alive and relevant

**My Life and Work** Henry Ford, Samuel Crowther, 1922 *My Life and Work* is a classic autobiography of the great American business mogul Henry Ford Henry Ford July 30 1863 April 7 1947 was an American industrialist the founder of the Ford Motor Company and sponsor of the development of the assembly line technique of mass production Although Ford did not invent the automobile or the assembly line he developed and manufactured the first automobile that many middle class Americans could afford This is his story in his own words Although Ford did not invent the automobile or the assembly line 1 he developed and manufactured the first automobile that many middle class Americans could afford In doing so Ford converted the automobile from an expensive curiosity into a practical conveyance that would profoundly impact the landscape of the 20th century His introduction of the Model T automobile revolutionized transportation and American industry As the owner of the Ford Motor Company he became one of the richest and best known people in the world He is credited with Fordism mass production of inexpensive goods coupled with high wages for workers Ford had a global vision with consumerism as the key to peace His intense commitment to systematically lowering costs resulted in many technical and business innovations including a franchise system that put dealerships throughout most of North America and in major cities on six continents Ford left most of his vast wealth to the Ford Foundation and arranged for his family to control the company permanently Ford was also widely known for his pacifism during the first years of World War I and for promoting antisemitic content including *The Protocols of the Elders of Zion* through his newspaper *The Dearborn Independent* and the book *The International Jew* Henry Ford was born July 30 1863 on a farm in Greenfield Township Michigan 2 His father William Ford 1826 1905 was born in County Cork Ireland to a family that was originally from Somerset England 3 His mother Mary Ford nee Litogot 1839 1876 was born in Michigan as the youngest child of Belgian immigrants her parents died when she was a child and she was adopted by neighbors the O Herns Henry Ford's siblings were Margaret Ford 1867 1938 Jane Ford c 1868 1945 William Ford 1871 1917 and Robert Ford 1873 1934 His father gave him a pocket watch in his early teens At 15 Ford dismantled and reassembled the timepieces of friends and neighbors dozens of times gaining the reputation of a watch repairman 4 At twenty Ford walked four miles to their Episcopal church every

Sunday 5 Ford was devastated when his mother died in 1876 His father expected him to eventually take over the family farm but he despised farm work He later wrote I never had any particular love for the farm it was the mother on the farm I loved 6 In 1879 Ford left home to work as an apprentice machinist in Detroit first with James F Flower Bros and later with the Detroit Dry Dock Co In 1882 he returned to Dearborn to work on the family farm where he became adept at operating the Westinghouse portable steam engine He was later hired by Westinghouse to service their steam engines During this period Ford also studied bookkeeping at Goldsmith Bryant Stratton Business College in Detroit *My Life and Work (Large Print)* Henry Ford,2013-01-31 In My Life and Work Henry Ford shares his life victories and defeats His life lessons belief in hard work and the goodness of men are a constant belief that he shows throughout this book The management ethics and observations of his life and great deeds Ford is an American icon and has the spirit that built the country We have only started on our development of our country we have not as yet with all our talk of wonderful progress done more than scratch the surface The progress has been wonderful enough but when we compare what we have done with what there is to do then our past accomplishments are as nothing When we consider that more power is used merely in ploughing the soil than is used in all the industrial establishments of the country put together an inkling comes of how much opportunity there is ahead And now with so many countries of the world in ferment and with so much unrest every where is an excellent time to suggest something of the things that may be done in the light of what has been done **My Life and Work (Illustrated)** Henry Ford,2017-04-26 My Life and Work is the autobiography of Henry Ford Written in conjunction with Samuel Crowther My Life and Work chronicles the rise and success of one of the greatest American entrepreneurs and businessmen Henry Ford and the Ford Motor Company will forever be identified with early 20th century American industrialism The innovations to business and direct impact on the American economy of Henry Ford and his company are immeasurable His story is brilliantly chronicled in this classic American biography **My Life and Work** Henry Ford,2023-11-09 In My Life and Work Henry Ford offers a candid and insightful account of his journey as an industrialist and innovator weaving together personal anecdotes with profound reflections on the nature of work and productivity The book is characterized by its straightforward conversational style reminiscent of Ford s direct approach to business Set against the backdrop of the early 20th century a time marked by rapid industrialization and social change Ford critiques contemporary practices while advocating for efficiency mass production and the larger societal benefits of accessible automobiles for the average American Henry Ford a pioneer of the assembly line and founder of the Ford Motor Company has experienced firsthand the transformative power of innovation His upbringing in rural Michigan coupled with a relentless curiosity about machinery inspired him to champion the idea that work should empower individuals and improve their lives Ford s egalitarian vision stemmed from a belief in the American Dream making My Life and Work not just a biography but a manifesto for the working class For readers interested in the interplay between industry and society Ford s memoir is a must read It serves as both a historical document and a

timeless exploration of the principles that can guide work ethic and innovation Embracing Ford s insights will inspire entrepreneurs historians and anyone engaged in the pursuit of purpose through labor In this enriched edition we have carefully created added value for your reading experience A succinct Introduction situates the work s timeless appeal and themes The Synopsis outlines the central plot highlighting key developments without spoiling critical twists A detailed Historical Context immerses you in the era s events and influences that shaped the writing An Author Biography reveals milestones in the author s life illuminating the personal insights behind the text A thorough Analysis dissects symbols motifs and character arcs to unearth underlying meanings Reflection questions prompt you to engage personally with the work s messages connecting them to modern life Hand picked Memorable Quotes shine a spotlight on moments of literary brilliance Interactive footnotes clarify unusual references historical allusions and archaic phrases for an effortless more informed read

A.B. Simpson: His Life and Work A.E. Thompson,2009-01-01 In the title A B Simpson His Life and Work by A E Thompson we find a classic biography about A B Simpson written about his life and work his evangelical work and his life long founding of the Christian and Missionary Alliance A B Simpson established a publishing house and edited a weekly magazine written for over 40 years and wrote over 100 books A B Simpson was a pastor of several churches and raised social ministries founded a college and wrote dozens of hymns and gospel songs A B Simpson His Life and Work reveals the hand of God in and upon a single life whose words and works continue to enrich the whole church and world A B Simpson was a man whose ability was able to convey God s love through his preaching C I Scofield wrote I count A B Simpson the foremost in power to reach the depths of the human soul And he was described by others as a giant of supernatural strength with a velvet touch A W Tozer wrote of A B Simpson that The true test of spiritual greatness is permanency By this test A B Simpson stands triumphant D L Moody said No man gets at my heart like that man Noting A B Simpson s love of God through his preaching to the people he loved

**The Life and Works of Robert Burns** Robert Burns,1851 **The Life and Work of James Bradley** John Fisher,2024-03-08 James Bradley once the most celebrated astronomer in Europe is now an obscure figure surprising given that he was the first to establish empirically that the Earth was a planet in motion around the Sun Introduced to the science of positional astronomy by his uncle James Pound he excelled in his abilities to make precise observations Mentored by Edmond Halley he observed Jupiter and its satellites identifying the gravitational resonances of the three innermost Galilean satellites before being proposed to the fellowship of the Royal Society by Halley with the approval of Newton Elected to the Savilian Chair in Astronomy at Oxford he joined Samuel Molyneux and George Graham in the attempt to observe annual parallax at Kew based on the attempt of Robert Hooke This experiment revealed a counter intuitive motion of the object star that defied all attempts at the resolution of the problem He designed a research programme at Wanstead when he studied the motions of 70 stars identifying a new discovered motion later called the aberration of light Recognising another motion within the residuals of his observations he identified it as a nutation of the

Earth's axis He taught experimental philosophy at Oxford for 31 years His final work as Astronomer Royal was a stellar survey of unprecedented dependability taking note of every possible cause of error later reduced by Friedrich Wilhelm Bessel in his *Fundamenta Astronomi* producing a stellar catalogue of 3 222 stars

**Thorvaldsen: His Life and Works** Eugène Plon, 1874

*The People's Tycoon* Steven Watts, 2009-03-04 How a Michigan farm boy became the richest man in America is a classic almost mythic tale but never before has Henry Ford's outsized genius been brought to life so vividly as it is in this engaging and superbly researched biography The real Henry Ford was a tangle of contradictions He set off the consumer revolution by producing a car affordable to the masses all the while lamenting the moral toll exacted by consumerism He believed in giving his workers a living wage though he was entirely opposed to union labor He had a warm and loving relationship with his wife but sired a son with another woman A rabid anti Semite he nonetheless embraced African American workers in the era of Jim Crow Uncovering the man behind the myth situating his achievements and their attendant controversies firmly within the context of early twentieth century America Watts has given us a comprehensive illuminating and fascinating biography of one of America's first mass culture celebrities

**The Autobiography of Henry Ford**, 2019

[My Life and Work \(Annotated\)](#) Henry Ford, 2023-12-23 Henry Ford's autobiography details his revolutionary impact on the automotive industry and outlines visionary business principles

**Assembling Religion** Kati Curts, 2025-05-27 How Henry Ford institutionalized a social gospel Henry Ford did not just mass produce cars As a member of the Episcopal Church reader of New Thought texts believer in the gospel of reincarnation mass marketer of antisemitic material and employer who institutionalized a social gospel Henry Ford's contributions to American models of business were informed by and produced for an America he understood to be broadly Christian Though Ford's efforts at the head of the Ford Motor Company have commonly been understood as secular Ford himself was explicit that his work in engineering and auto production was prophetic and meant to remake the world This religious history of Henry Ford and the Ford Motor Company repositions them within critical studies of religion examining how Ford transformed American religious practice in the twentieth century Drawing directly on documents from Ford's archive it examines Ford's mass production methods and bureaucratic reforms as examples of prosperity gospel traditions illuminating the ways manufacturing and technology intersect with American religious practice Bridging American religious and industrial history *Assembling Religion* offers a new and surprising way to understand Ford's impact on culture commerce and the technology of labor

*Venceremos Brigade: Young Americans* *Sharing the Life and Work of Revolutionary Cuba* Sandra Levinson, Carol Brightman, 1971

*My Life and Work* Henry Ford, Samuel Crowther, 2025-08-31 Reproduction of the original The Antigonos publishing house specialises in the publication of reprints of historical books We make sure that these works are made available to the public in good condition in order to preserve their cultural heritage

**My Life and Work (Illustrated)** Henry Ford, 2017-04-27 The book describes how Ford introduced the assembly line reduced working hours a minimum wage the five day work week etc at the beginning of the

previous century Ford's story and business philosophy is brilliantly chronicled in this biography. Much of Ford's wisdom has been forgotten today and therefore entrepreneurs and business managers alike would do well to take another look at this classic work on business management. *The English Illustrated Magazine*, 1903. Autobiography, tr. and annotated by E. Michaelis and H.K. Moore. Friedrich Wilhelm A. Froebel, 1903. **The Booklist**, 1927. **The Complete Works** John Bunyan, 1877.

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