



<http://voicesofvaluepodcast.com/>
Episode 2

2:05 -: **WORK / LIFE BALANCE**: Ted Talks Vs 'Talk back' Radio!

3:13 -: When information gets 'linked' you get knowledge and that done by **CHOICE** not by CHANCE. When it comes to work life balance we need to know the "hot buttons" and focus on what we want not what we DON'T WANT!

5:30 -: **ROUTINE** creates time to be CREATIVE. "*Repetition is the mother of all skill*", (Jim Rohn). Jerry Seinfeld writes a joke every day! What are the positive habits you're creating every day? Implement a 'daily review'. It's not the mountain to climb but the 'pebble in your shoe' that stops you taking the first step. Know your big **why**. Find enough reasons and you'll discover the **process** to precede the **results** you seek!

10:30 -: Ideal week Vs Ideal Tasks! The 'rating system' and Information in chunks all set around your current reality.

16:42 -: "*It's not that our aim is too high and we miss it! It's that our aim is too low and we hit it!*" Michelangelo.

18:08 -: Words used well change your world. Experience is what you get when you don't get the result you want. It's all choice time.

19:00 -: Book recommendation- **Solve for Happy**, by Mo Gawdat. Things don't conspire against us at this moment but rather it is a consequence of our choices. Don't make the red light you catch the catalyst to create a bad day! The day before a holiday miracle! The 80/20 Rule. Outcomes not Activities Focused. It's all about choice management NOT time Management! Routine is your friend with regards to work/life balance and making better choices.