

Cali's Top-Ten Work+Life "Fit" Tips for Individuals

1 IT'S FIT, NOT BALANCE

There are countless work+life fit possibilities from which to choose between the extremes of "all or nothing."

2 SMALL CHANGES IN YOUR "FIT" CAN MAKE A BIG DIFFERENCE

Most of the time you won't want to work less, just differently

3 YOUR MANAGER AND/OR HR CAN'T GIVE YOU THE ANSWER

You are the only one who knows your realities well enough to create a fit that will succeed

4 ASK! WHAT'S THE WORST THING THAT CAN HAPPEN? "NO"

And most likely the answer will be "yes" to a well thought-out plan for at least a trial period, which is why you must ask especially if you are ready to leave.

5 ANYONE, ANYTIME CAN ADJUST THEIR "FIT" FOR ANY REASON

It isn't only a working mother issue, it's an everyone issue in today's 24/7 world where companies can no longer set the boundaries around work and life.

6 START WITH WHAT YOU DO WANT, NOT WITH WHAT YOU DON'T WANT

Most people only know they don't want the fit they currently have. You must start by asking, "how do I want work to fit into my life?"

7 REDEFINE SUCCESS TO MATCH YOUR FIT

Make sure that your personal definition of success is working for you and not against you.

8 IT HURTS YOUR CAREER MORE NOT TO ADJUST YOUR FIT

Burning out, becoming unproductive, ignoring a personal problem, getting sick or leaving never helps your career

9 FIGHT YOUR MANAGER'S "FLOODGATES FEAR" RIGHT AWAY

Assume you will hear, "If I give it to you, everyone will want it," and prepare your response in advance. While the floodgates fear never comes true, it can unnecessarily keep your manager from saying, "yes," unless you address it.

10 MAKE IT WORK FOR YOU AND YOUR EMPLOYER

Compare what you want with your work and personal realities to make sure they are compatible. Make adjustments where necessary. The result is a "fit" most likely to succeed personally and professionally!