



*the myth of* **WORK/LIFE BALANCE**

## THE CONCEPT

The very phrase *work/life balance* suggests that not only is there not enough of us to go around, but that we must compromise something important in one domain in order to have enough of ourselves to give somewhere else. And yet, this assumption goes against everything we intuitively know about creating powerfully in the world—that it's about bursts of intensity, giving unconditionally, and experiencing a sense that in the moment there's no place we should be other than where we find ourselves right now. And then re-experiencing *that same sense*—with that *same intensity*—in every domain we engage.

## THE DEEP DIVE

**QUESTION 1:** When those we care about most are experiencing a sense of loss because we are not able to be with them in person as much as they would prefer, how can we redesign the relationship more around meaning, and less around proximity? Is it possible their sense of loss is not as much about *time spent*, as it is the desire for something else?

**QUESTION 2:** Sometimes we feel like what we should be doing at work is in competition with what we should be doing at home—or even what we should be doing for self. And we may not afford other people the opportunity to understand more about why we are called to leap with great intensity into something that seemingly pulls us away from them. So they may feel left behind and excluded from the other parts of our life. Is it possible to shift from a sense of competition between domains to an awareness that everyone is working together for the same thing?

**QUESTION 3:** Instead of doing one small thing right now and connecting with another person, we often fall back on the promise of doing it in the near future—when this one temporary situation is over. But that near future is frequently a phantom. And the one *temporary thing* is predictably pursued by yet another. In what relationships could you substitute the promise of future intimacy with simply doing one small thing right now?

**QUESTION 4:** Most of us have experienced a relationship where no matter how small the amount of time spent—or how infrequent—it always seems like *more than enough*. We always experience sufficiency. But in others, spending more time—more often—leaves us wanting. And with the longing that it could have *been more*. What's the difference between the one and the other? And how could you experience greater sufficiency in every relationship?