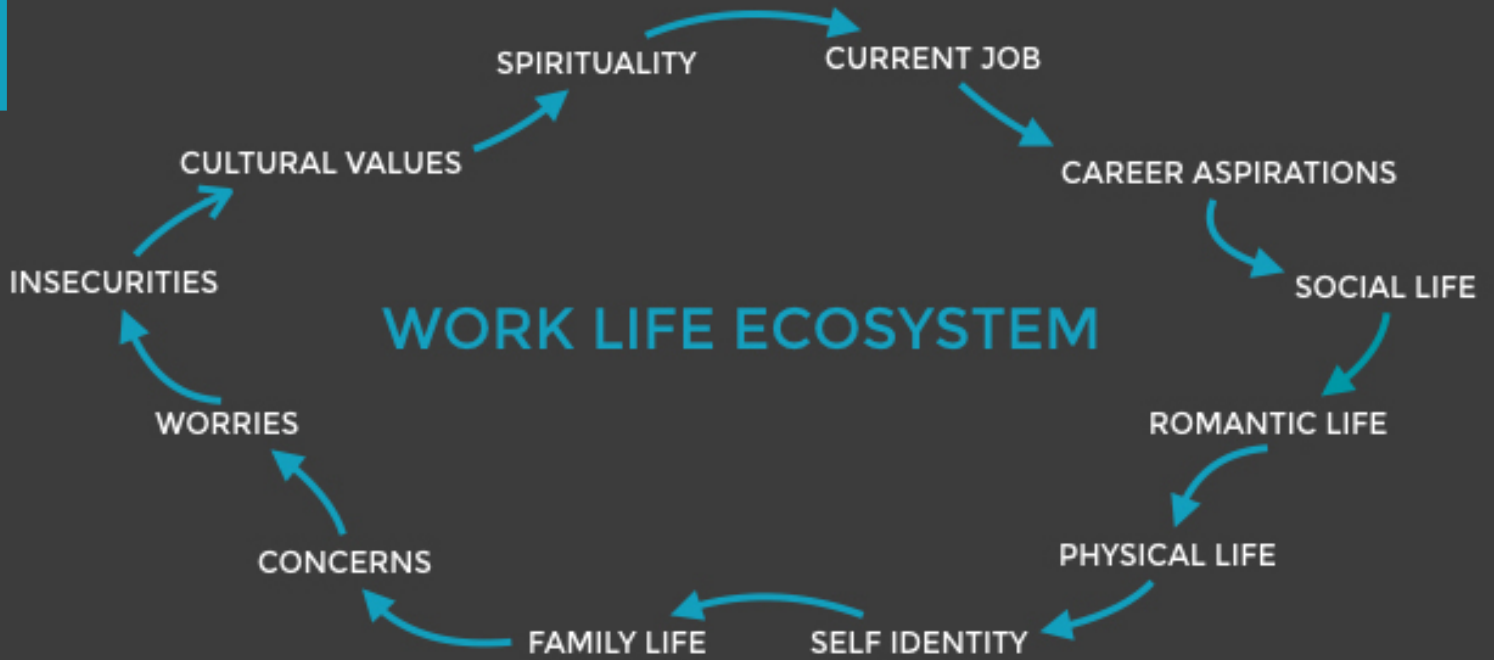




**WORK LIFE  
ECOSYSTEM**

**H** HUNDRED  
LIFE DESIGN



# DON'T COMPARTMENTALIZE.

**THE WORK/LIFE ECOSYSTEM IS BIG AND COMPLEX. THERE IS NO CLEAR DIVIDE BETWEEN WORK AND PERSONAL LIFE, MUCH AS WE TRY TO MAKE IT THAT WAY. HARMONY IS KEY WHEN IT COMES TO INTEGRATING WORK AND PERSONAL STUFF INTO OUR LIVES.**

We talk to coworkers about our home life and social life, and family obligations sometimes come up and get in the way of work. At the same time, work life often seeps into your personal life as well, through answering important emails or phone calls, or even talking to friends or family members about work. But the interconnections don't just involve actions and conversations and other tangible things. They also involve our feelings, convictions, and more. Everything from your spiritual identity to your

cultural values to your own individual worries and concerns affects you at work and in your personal life.

Don't try to compartmentalize. Everything is interconnected. Issues you're going through in your personal life will affect your work life, and vice versa. And recognizing that is essential to not letting those issues take over either of the two realms.

This topic is extremely multifaceted so check out our Walk The Talk podcast, episode 22 to learn more

**AND IF YOU NEED HELP BALANCING YOUR WORK AND PERSONAL LIVES, OR MAKING SENSE OF THE INEVITABLE CONNECTIONS BETWEEN THE TWO, TALK TO A LIFE COACH AT [HUNDREDLIFEDESIGN.COM](http://HUNDREDLIFEDESIGN.COM)**