The New Rules to Work-Life Balance

Presented by
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HR15
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3:30 PM
New Rules
To Work-Life Balance
1 Goal
2 Forces

Yin
WET COOLING SLOWER FEMININE NIGHT NATURE SILENCE WATER

Yang
DRY WARMING FASTER MASCULINE DAY INDUSTRY LANGUAGE FIRE
3 Values

1. Body
2. Mind
3. Spark
I will use this 1 Yin activity for the next 10 consecutive workdays.

Start: ____________________________

End: ____________________________
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Your opinion matters!

Please take a moment now to complete the evaluation.

Thank You!