


Work-Life Balance:
Setting Boundaries in a Borderless
World
Beau Sorensen 5/21/2026

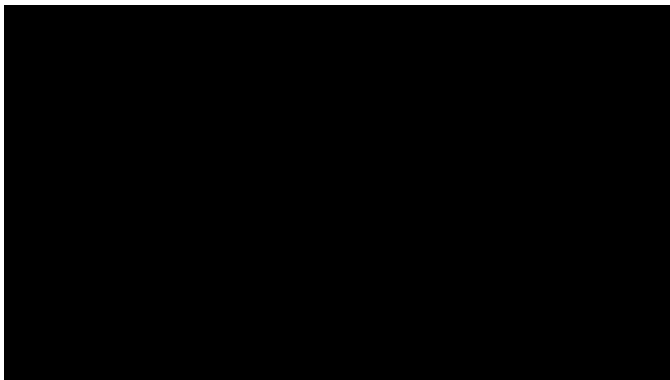



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**When your work-life balance
is off, it doesn't just impact
you. It can have a ripple
effect all around you.**

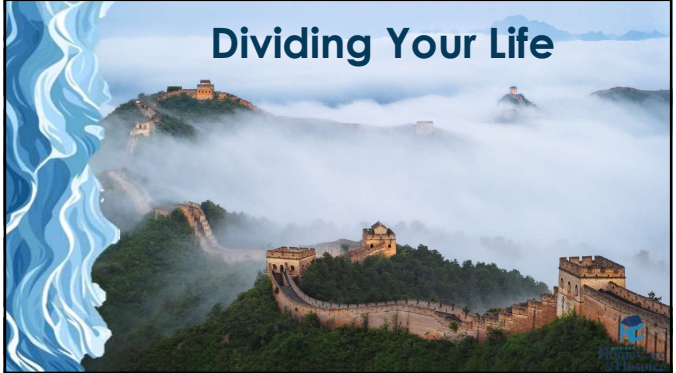


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Dividing Your Life



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**Your life has 3 distinct
areas that should
remain balanced**





Work
Relationships
Self

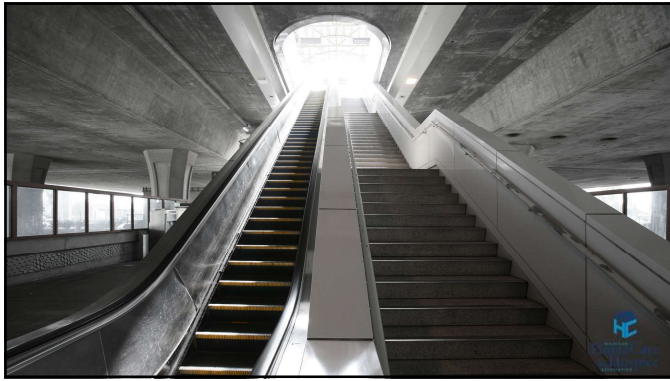


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Who is the only
person who can
keep your life in
balance?

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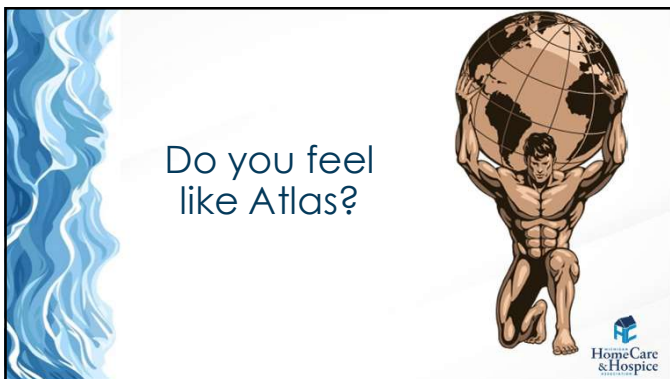
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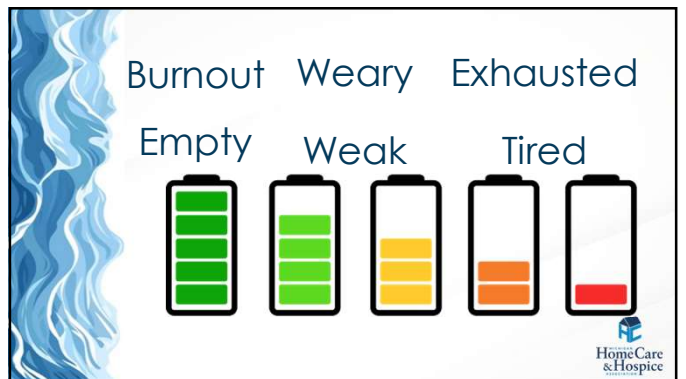
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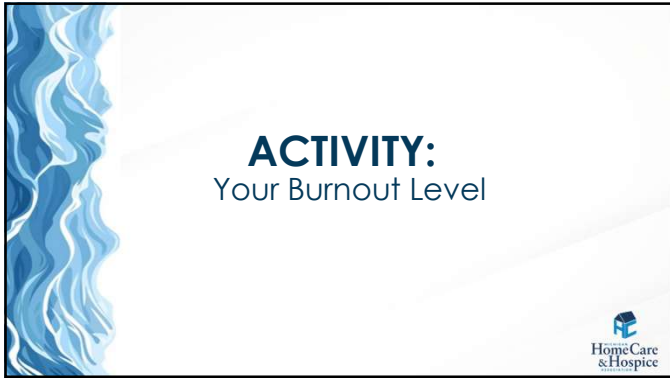
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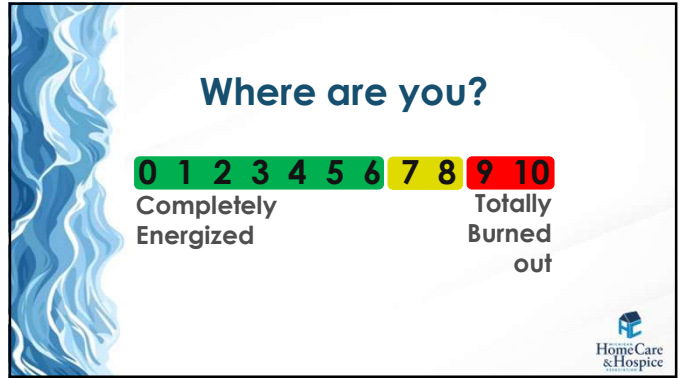
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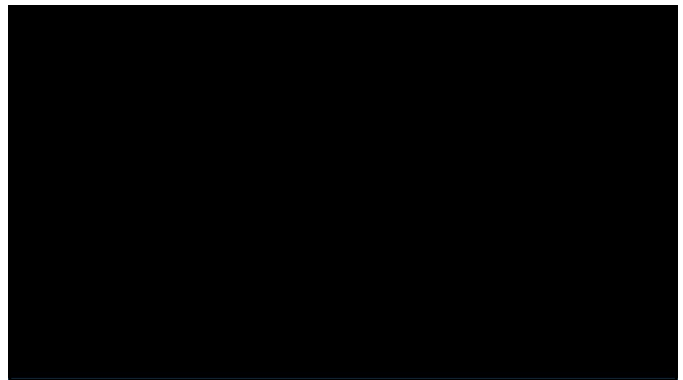
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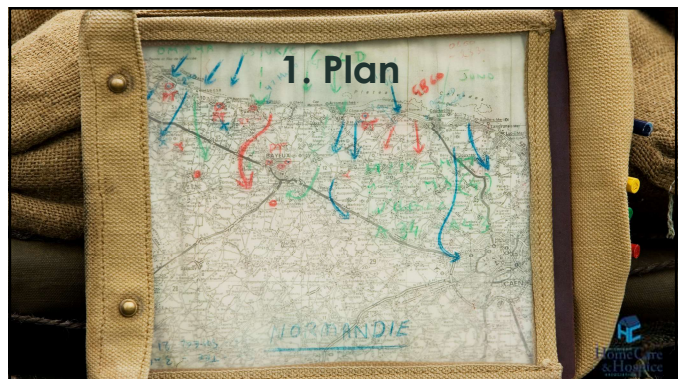
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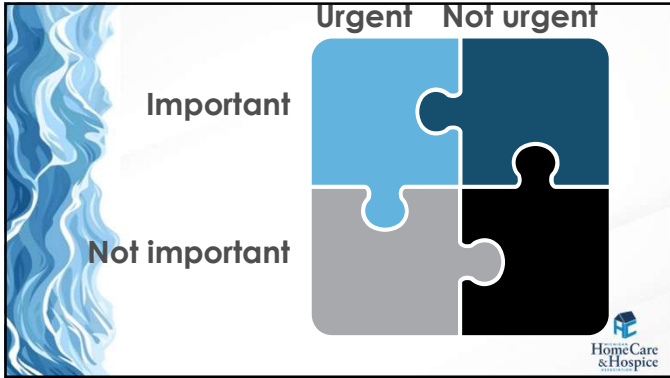
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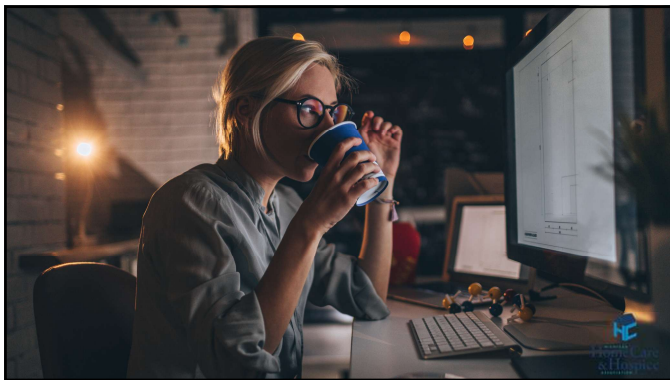
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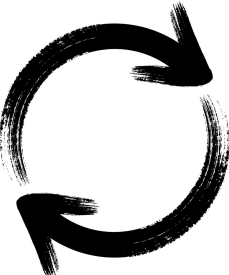



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Determine what responsibilities can't be left for another day and rotate them.

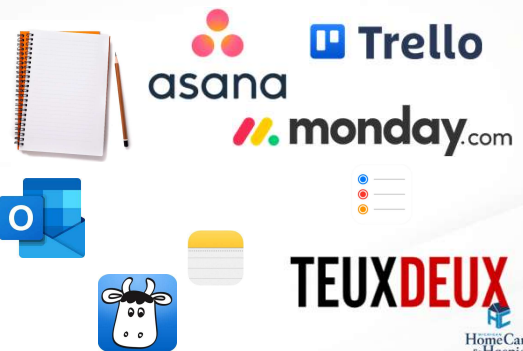




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Put everything else in a parking lot for later




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3. Train




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If you want to improve an organization, improve its training.

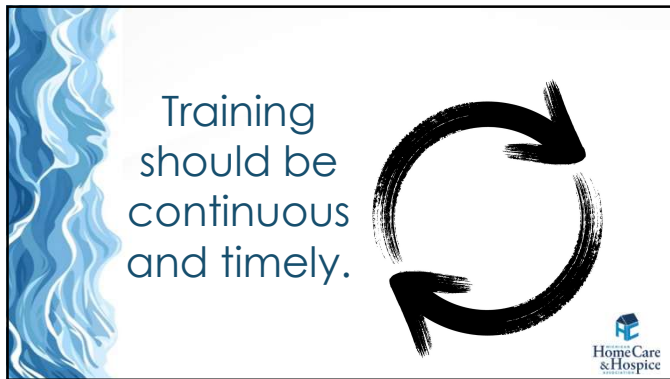




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When people aren't trained properly, you end up with mass frustration.



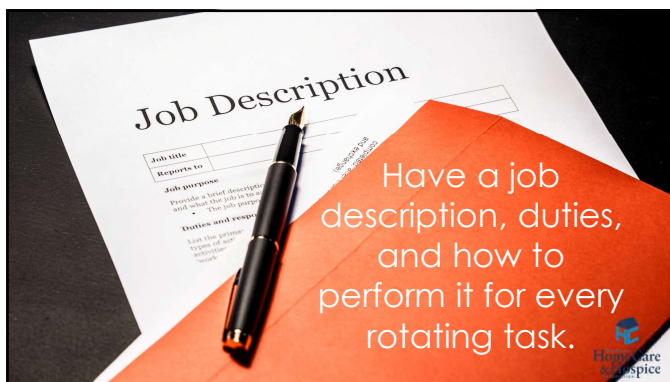

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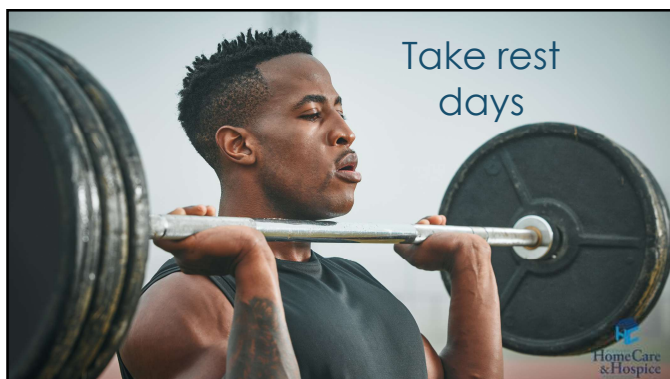
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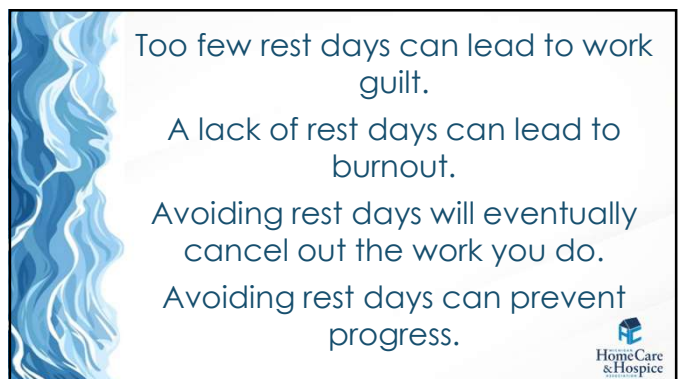
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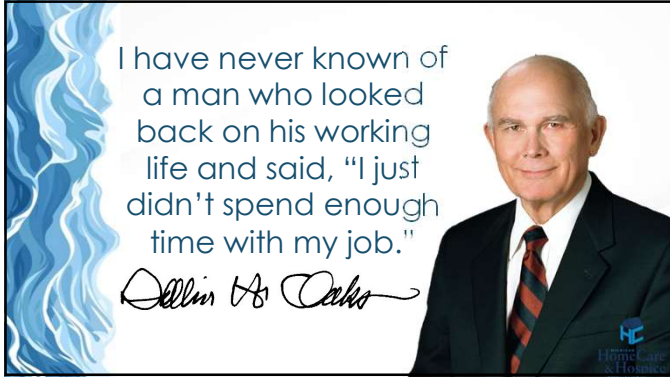
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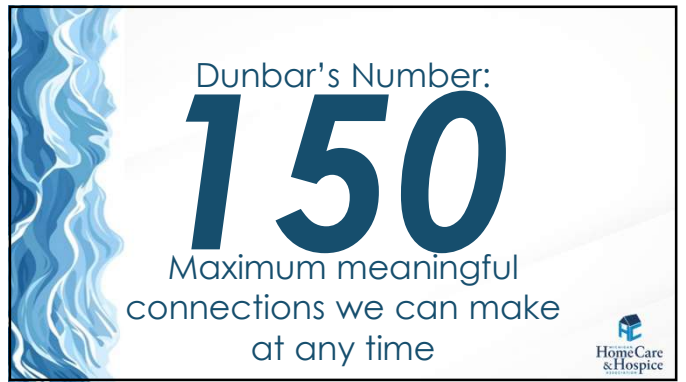
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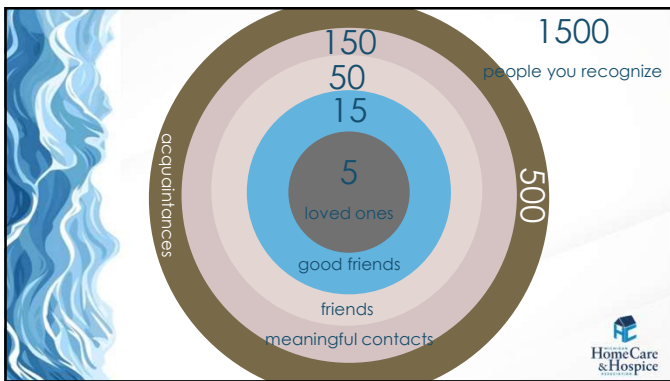
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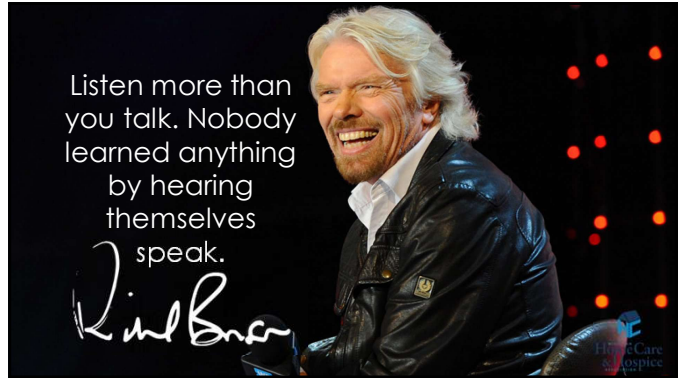
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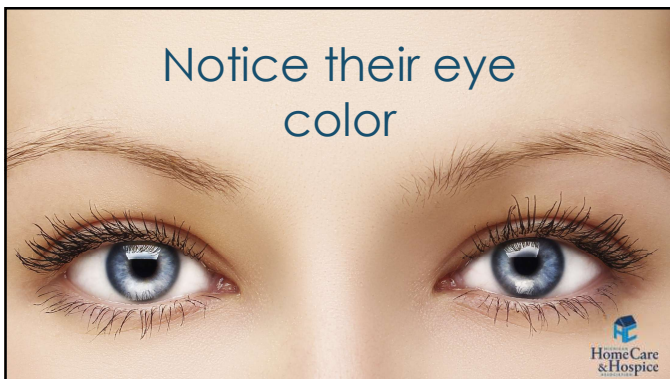
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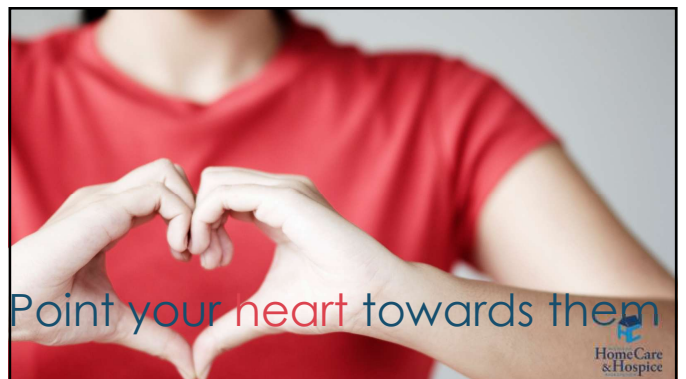
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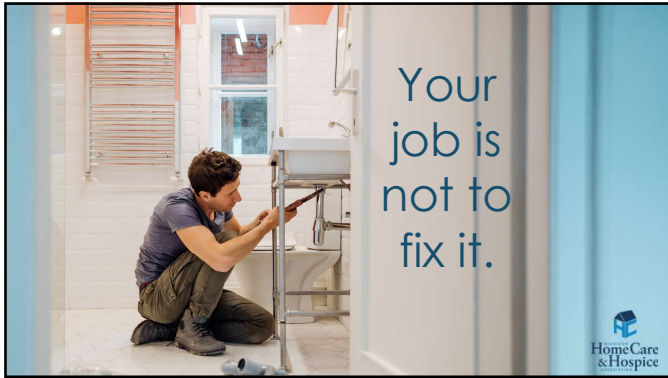
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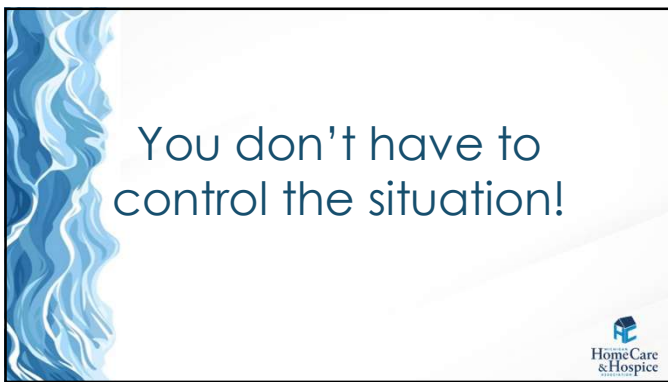
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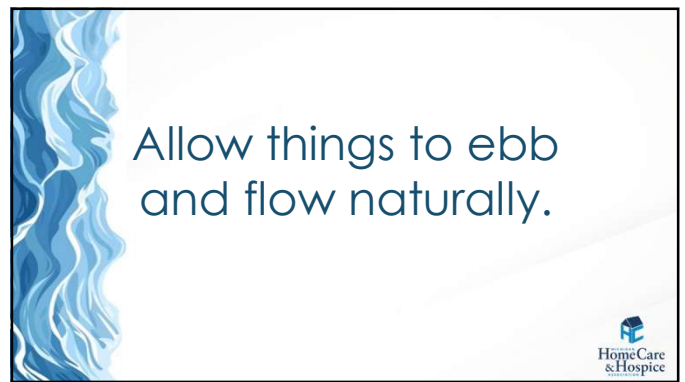
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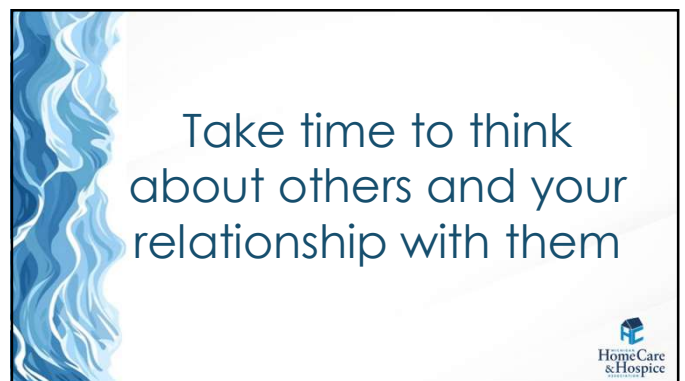
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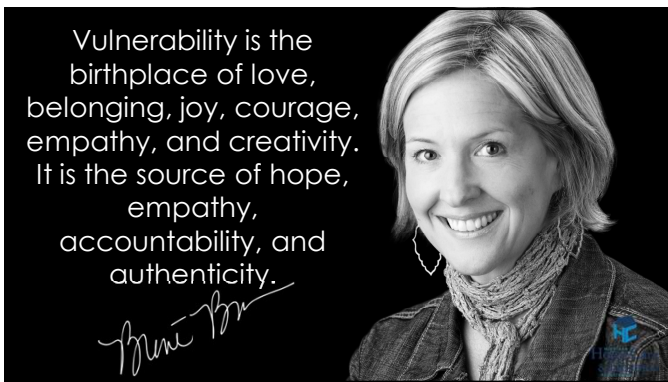
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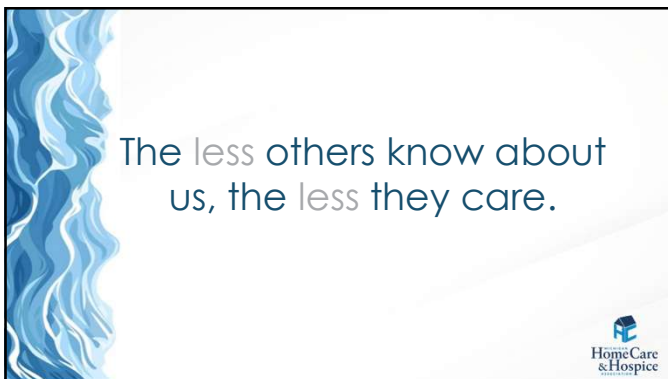
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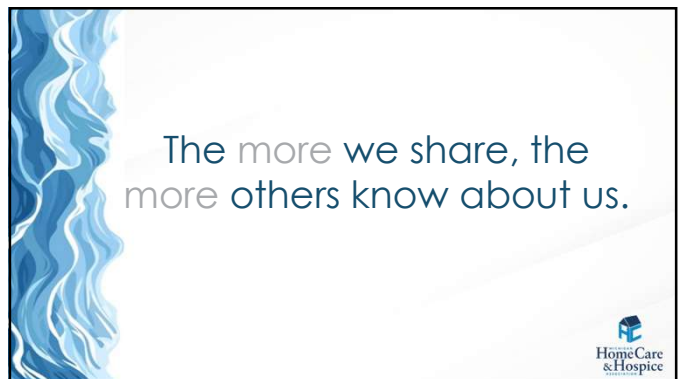
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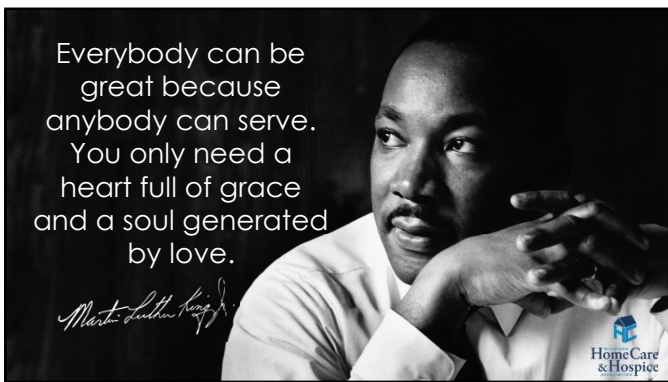
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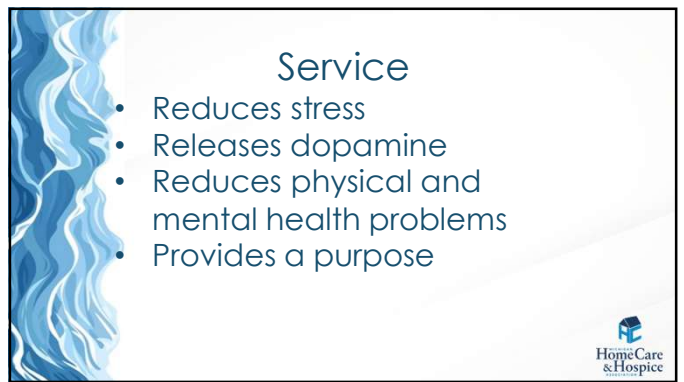
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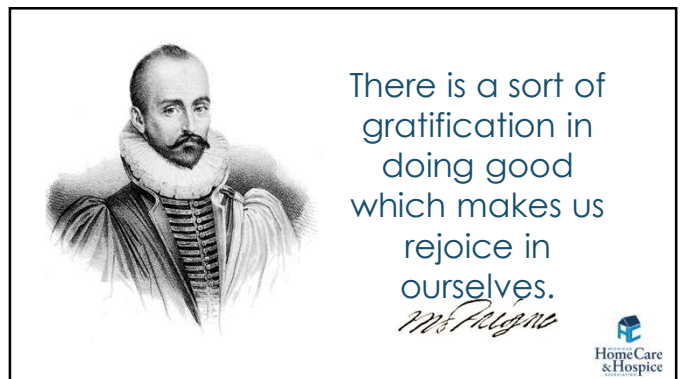
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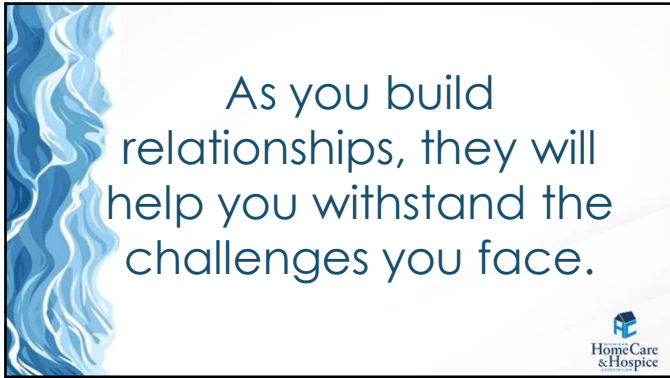
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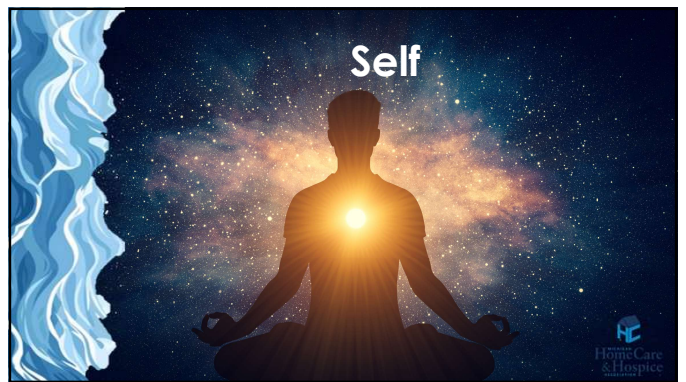
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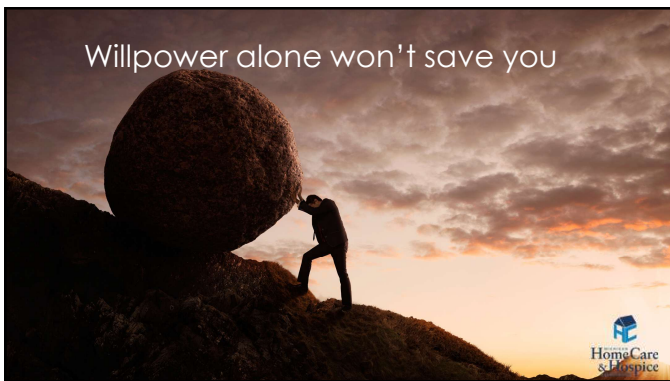
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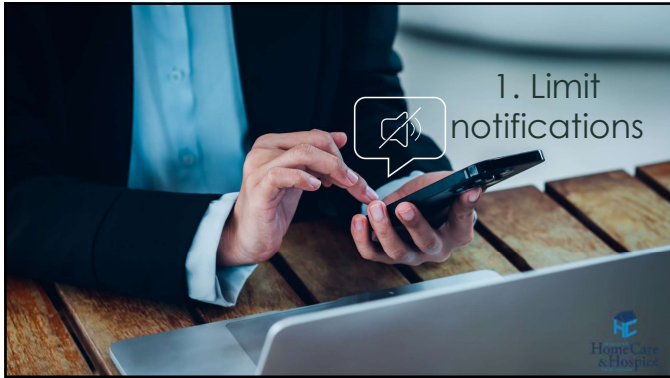
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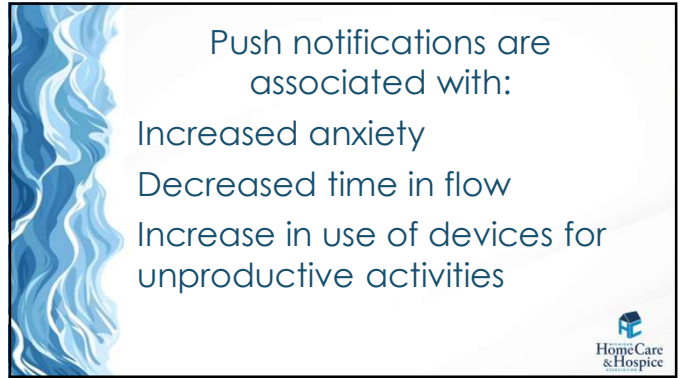
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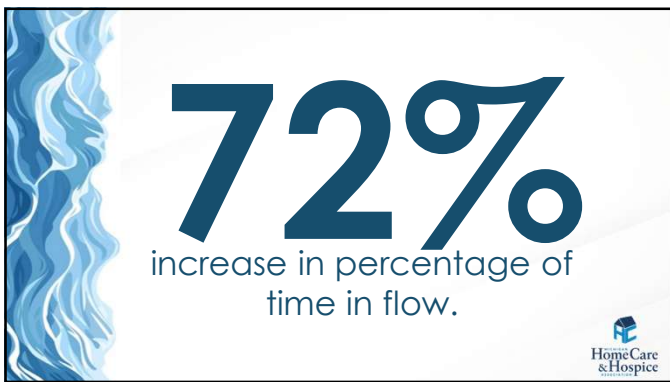
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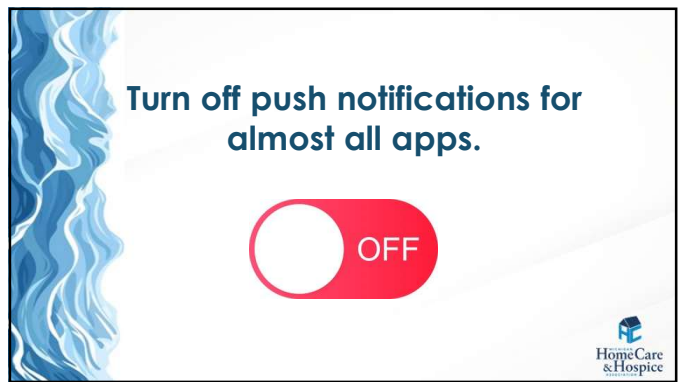
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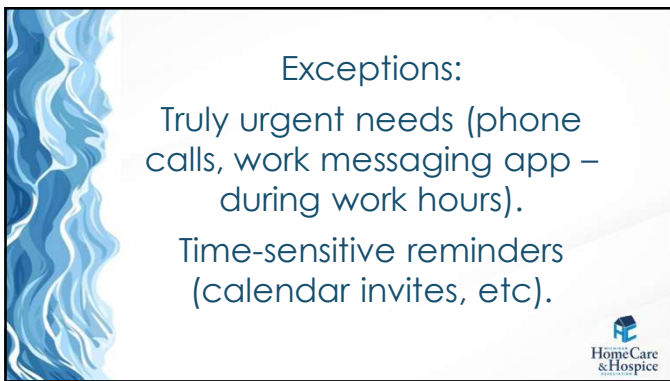
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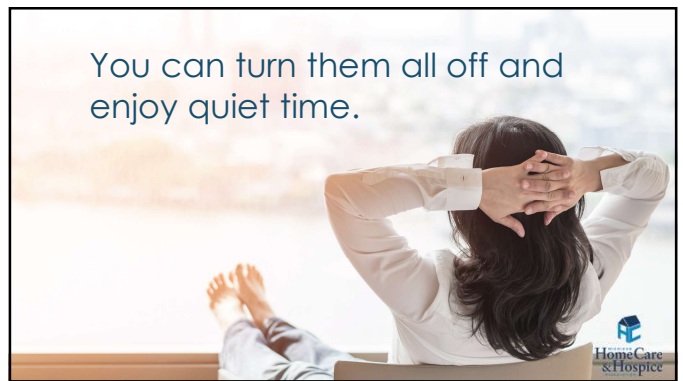
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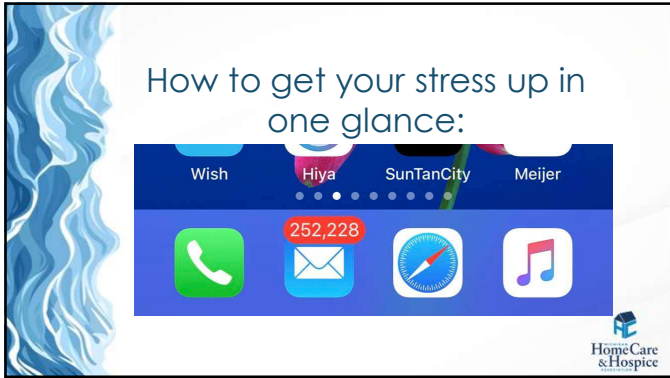
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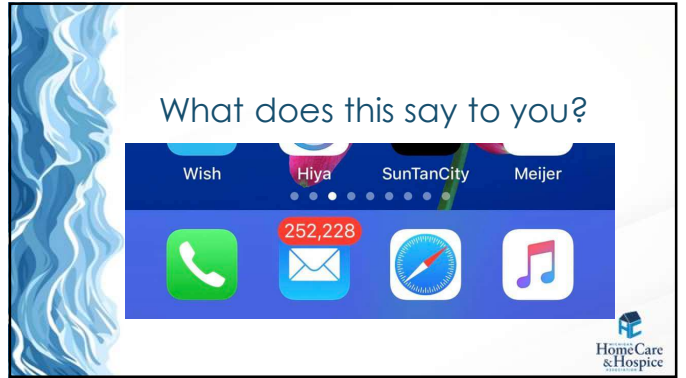
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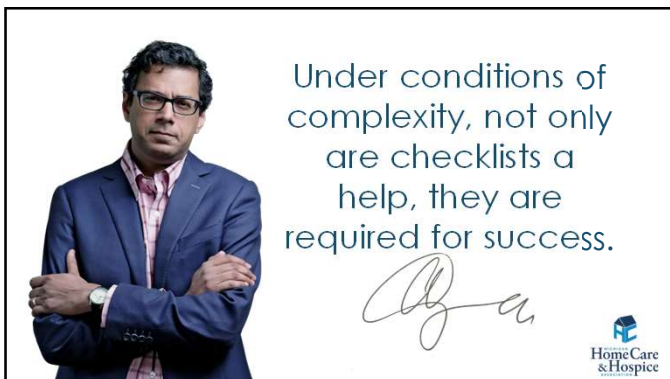
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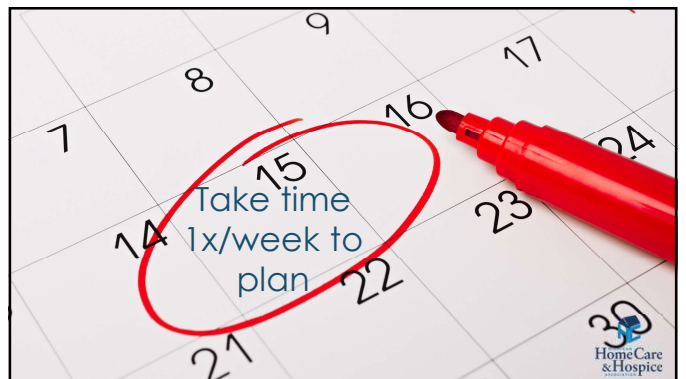
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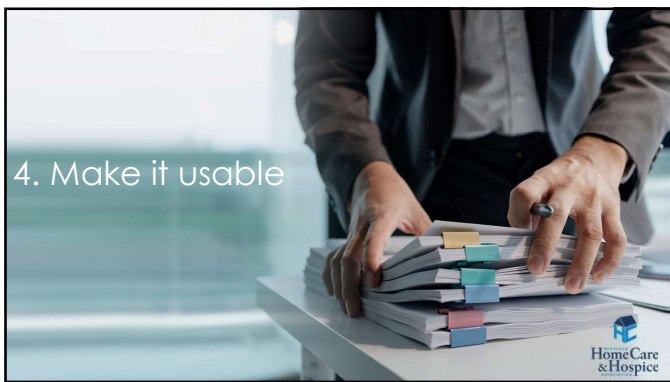
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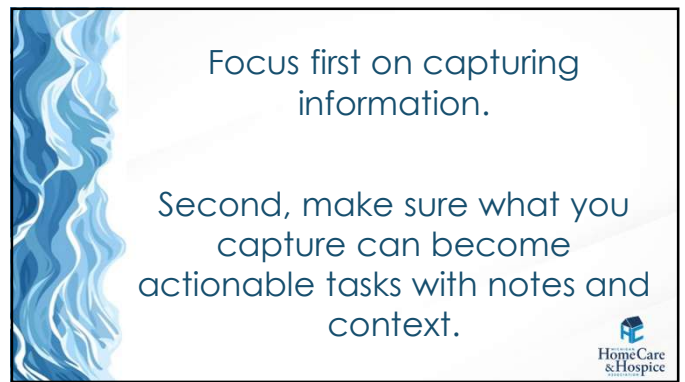
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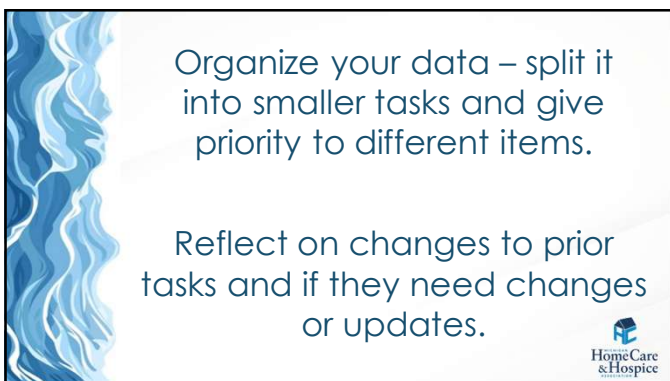
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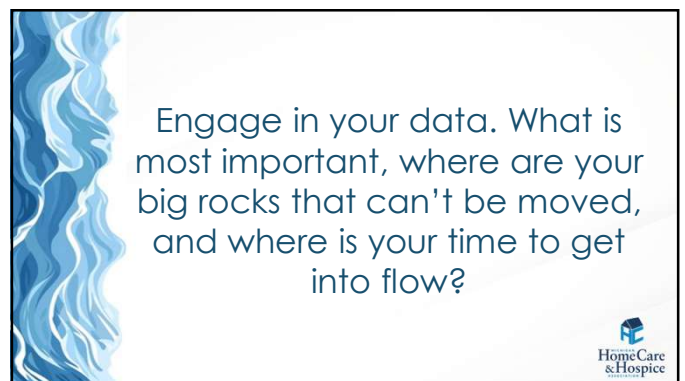
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We are made up of 5 spheres – mental, physical, emotional, spiritual, and social

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To feel properly balanced, we should attend to all 5 aspects of ourselves, not just one

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5. Set up filters

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Use filters to either hide data from you or eliminate it all together:

- Spam filters for email
- Important/unimportant call filters
- Labels for your capture system so you can touch on every important area

94

Renew yourself

95

The Magic 3 Hours

96

ACTIVITY:
My Commitment to Me



97

Not being busy ≠ filling your bucket






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It's not about the amount of time




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So often we spend our self and relationship time on the equivalent of junk food. It makes us feel good in the moment, but it doesn't nourish us or fill us long term.

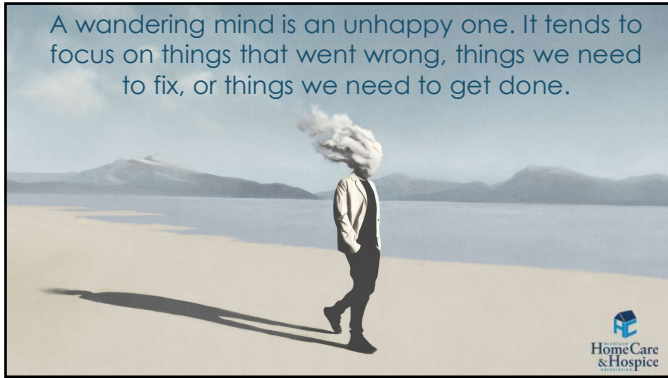



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ACTIVITY:
What Fills Your Bucket



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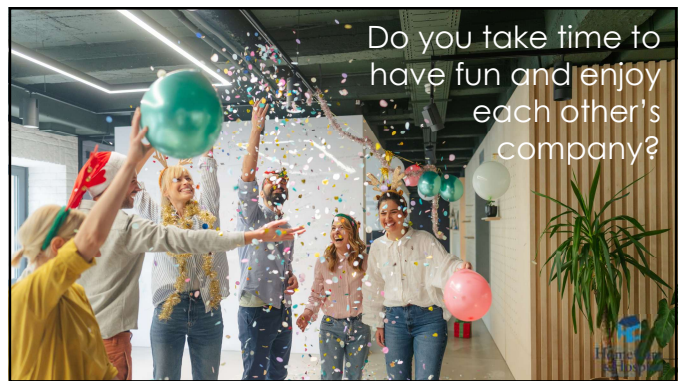
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I cook for my team every month (~100 people over 2 lunches).



115

Game day Fantasy sports
 Coffee talk
 Trick-or-Treating at the office
 Bring your kids to work
 Job shadowing
 Office retreats



116

ACTIVITY:
 Uniquely Building Your Team



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A leader, first and foremost, is a human. Only when we have the strength to show our vulnerability can we truly lead.




118

Lead with your strengths!

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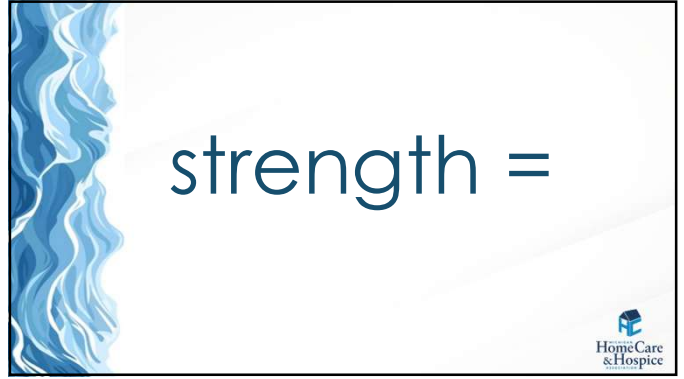
When we build on our strengths and daily successes – instead of focusing on failures – we simply learn more.




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ACTIVITY:
What Do You Want to Do?



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Vigorous Excited Energized
Full Strong Alive



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129