

**Richard Gee**

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**Sent:** 30 June 2006 09:29  
**To:** richard@geewiz.co.nz  
**Subject:** Neen James Ezine: June 2006

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### Welcome to the NEW Neen James ezine.

You will notice some changes (thanks to my terrific designer April from April Hennessy Design) and if you spend some time on my website ([www.neenjames.com](http://www.neenjames.com)) you will notice it has also had a face-lift thanks to the team at Custom IT. I know it has been a while since I have been in touch but I have been busy enjoying the US and building my business here. I am just about to launch another book next week...check it out!

Also a big welcome to all our new subscribers from all around the world, we are so pleased you are with us. This month I will share a few insights from my new balance book. Next month, keep an eye out for my tips on how to be more Productive in the summer (for those of you in the other hemisphere...you can use these same tips too!) I do hope you get some great productivity tips so you can grow you and your business. Enjoy!

### UPDATE from the USA

As you may know, spring is my favourite time in the USA. The flowers are breathtaking, the wildlife is full of new life and babies (we have baby cardinals, squirrels, ducklings and rabbits) and people are in a great mood. It seems where I live on the East Coast that people hibernate for the winter, get busy in the spring, go down the Shore for the summer and get cozy in the fall. The weather here really affects people's mood and productivity.

Recently a great friend, Giselle, from Australia visited and we had a fantastic day in New York. Her first time and we tried to see every square inch of the city in one day. We did the 'red tour bus'— what a great way to see any city. From an open top you can see the city's major landmarks, hear great commentary and take fabulous photos – here is a self-photo we took having a great time, shopping at some of my favourite stores,

### JUNE 2006

highlights:  
a new look,  
a new book

& I ♥ NY



Giselle & Neen  
exploring The Big  
Apple

Tiffany & Co...oh and you will notice we are drenched...I forgot to mention it poured on us but we loved it!

## Work Life BALANCE – Is there such a thing?

The word balance conjures up pictures of scales or where two things need to be equal, in this case, work and play. I don't believe in work/life balance. I don't think that you can spend equal time in work and in play but I do think that you can choose a combination that works for you... and that can be your definition of balance – that is how you are productive. A better description of this concept of combining work and play is work-life integration. What is the difference? Work Life integration is finding a combination of work and play and including the activities and tasks that are best for you and your personal productivity. No one can give you the magic formula or a prescription for your own work-life integration. What we can do is guide you with solutions you can integrate into your everyday routine. Instead of picturing in your mind a set of scales for balance, envisage a triangle. In your mind draw a triangle with three equal sides. The first side represents your emotions. The second side represents you expectations and the third side is your environment. When these three aspects of your life are in 'balance' you achieve work-life integration.

Have you achieved integration in your life? If not, take some time now to ask yourself some key questions:

### What is important to you?

This is not an easy question to answer. Make an appointment with yourself to sit down somewhere quiet and list what is really important to you. Your list might include:

- Paying off your mortgage
- Spending more quality time with your family
- A trip to Italy you have been putting off for years
- Paying for your child's education
- A Gucci bag you have always wanted
- Spending time with your grandchildren
- Learning to paint

### Make a list.

Once you know what is important to you it will help you determine what activities and tasks will help you achieve this.

### How will you achieve it?

Once you have your list, review it and see if there are some items that need actioning.

### What will you give up?

Sometimes integration includes giving up activities, tasks, obligations and pleasures. If feeling healthier and losing 10-pounds makes you feel more balanced, there may be some things you need to give up for a period of time to achieve this. It is important to take time to think about what you might need to sacrifice to achieve work-life integration.

### What is not negotiable?

We all have obligations, activities and tasks that we can't possibly give up. Make a list of what is not negotiable in your life.

### How do you measure work-life integration?

Simple, by how you feel. If you feel your life is on track, you are happy, your environment is satisfying you, your relationships are working and your health is good – you have achieved integration. If you feel some of these areas are not what you want them to be, it may be time to reassess and make some changes.

**RECOMMENDED**  
product of the month



Be one of the first lucky readers to get your hands on my latest book "balance: real-life strategies for work/life balance"

**ONLY \$20**  
(plus shipping & handling)  
and it hasn't even hit the bookstores yet.

Order your copy now and I would be delighted to autograph it for you.

Sometimes our lives go through different seasons just like where I live, they allow us to speed up and slow down, take stock and enjoy the surroundings and new adventures. Don't wait for a health crisis or major life incident to make you assess your work life integration. Change is a great thing. Embrace it, immerse yourself in it and surrounded yourself with wonderful people who make each day more memorable and rewarding. Maybe the concept of total balance is a myth, but the key is absolutely integrating your emotions, your expectations and your environment. For more strategies on how you can integrate your emotions, expectations and environment, order a copy of my new book now.

Boosting your personal productivity is about where you focus your time, your attention and your energy...how can you incorporate work life integration into your life?



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