Work-Life Balance

*Directions:*

For this *Project*, you will conduct interviews regarding work-life balance.

1. Consider the two provided questions below and develop two additional questions about work-life balance.
   - How important do you consider work-life balance?
   - What strategies do you use to maintain work-life balance?

2. Select at least five adults whom you believe do a good job of juggling multiple commitments. Ask each adult the questions from step one. Record your answers on paper and/or through voice recording.

3. Consider the information you gathered and write a blog post which is at least 800 words long. Discuss what you learned about work-life balance and strategies you consider useful for effectively balancing multiple commitments.

4. Turn in your blog post, this paper with questions and interviewees listed, as well as the notes/voice recording from the interviews.

*Additional Questions:*

1. 

2. 

*Interviewees:*

1. Name:  
   Occupation:  

2. Name:  
   Occupation:  

3. Name:  
   Occupation:  

4. Name:  
   Occupation:  

5. Name:  
   Occupation: