



Life Balance Exercise:

Killing Vampires and Zombies

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Introduction

You can have life balance as a consultant...if you make deliberate choices when you can to create it. A key aspect to creating life balance is maximizing what you do in the time that you are working. This exercise will help you make choices about how to do that and how you will follow through on those choices. We are going to focus on one of the best ways of doing that: eliminating vampires and zombies.

- **Vampires are people or things that suck away your time, energy, and focus and add no value to you or your client.** They can be people who just drain your time and energy but don't give you anything back in return or distractions that don't do much for you except suck up time and keep you from maximizing your time when you are working.
- **Zombies are the living undead activities that you just keep doing over and over again even though they add no value to you or your client.** They can be things like meetings that serve no purpose but just keep happening (you know the ones), travel that isn't necessary but you just keep doing it, or proposals you keep spending time and energy writing even though you will never get work out of them.

The only solution is to kill them. Hunt them down and kill them. Does that sound extreme? It isn't. It's about making choices that create and protect your life balance!

By completing this exercise, you will make choices about which vampires and zombies you want to kill or change to make them consume less of your life.

One note:

I encourage you to do this with a small group of folks who you trust and can be honest with. You will get to share ideas and solutions and support each other in making changes.

Need more information?

See the Craft of Consulting blogs:

1. "Protecting Your Life Balance While Consulting Part 1: What Work Vampires and Zombies Are"
2. "Protecting Your Life Balance While Consulting Part 2: How to Eliminate Work Vampires and Zombies." at www.craftofconsulting.com.

Write down 2-3 vampires and/or zombies that you want to kill or change so they have less impact on your life.

1.

2.

3.

Write down 2-3 things you would get back or would be able to do in your life if you killed those vampires and/or zombies.

1.

2.

3.

Write down 2-3 challenges you would have to overcome to kill the vampires and/or zombies and keep them dead.

1.

2.

3.

Write down 2-3 things that could help you kill the vampires and/or zombies and keep them dead.

1.

2.

3.

Write down 2-3 things that you will do with what you have written down to increase the likelihood that you will follow through.

1.

2.

3.

Congratulations on making choices to create a more balanced life!

**You are all done planning.
Now you can start implementing your choices.**

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