

WORK IT 006: 6 TIPS FOR BETTER WORK-LIFE BALANCE

V/O

A two-thousand fourteen study by Harvard Business School found that 94% of working professionals are logging more than 50 hours a week. And many worked even more than that. Luckily, Forbes came to the rescue with a blog post entitled "6 Tips for a Better Work-Life balance." Throughout this episode, we'll not only be reviewing the list: we'll give you handy-dandy examples of how to put these tips into practice. These are: Work It presents Forbes presents 6 Tips for a Better Work-Life balance.

V/O

Tip 1: Let go of perfectionism.

SFX of a fast-food reference.

JANET

Welcome to Work It Burger, home of the Big Yuck. May I take your order?

SAM

(distorted but understandable)

I'd like two Work It Burgers, a Chicken Sammy, three orders of Janet Fries, and one Big Yuck.

JANET

That's too hard. I'll give you an onion ring.

SAM

(distorted)

No, it's two Work It Burgers...

SFX of a 'hanging up' sound.

JANET

Shut up.

MANAGER

Janet, my office, immediately.

JANET

You worry too much, Mr. Stankman.

(MORE)

JANET (CONT'D)
What you need is work/life
balance. Here, pass me that rat
trap.

MANAGER
I am reluctantly passing you the
rat trap.

SFX of trap opening.

JANET
You're in charge now, Ratty. Mr.
Stankman needs a break.

RATTY
(Squeaking)

V/O
Tip 2: Unplug.

SFX of hospital. Beeping machines. Vital sign machines.

ASST.
Doctor, the patient is stable, but
he's going to need a rigorous plan
of care to pull through.

DR.
(relaxed)
Tell me, are you familiar with the
concept of work-life balance?

ASST.
Well, yes, I am, but please
Doctor, focus...

DR.
I was reading in Forbes that
overworked people need to
"unplug". So, what if, instead of
that rigorous plan of boring old
work, we just...

SFX of unplugging machine. Vitals flatline.

DR.
"Unplug."

ASST.
(rushing to replug machine)
But Doctor, that's murder.

DR.
No, it isn't.

V/O
Tip 3: Exercise and meditate.

ONE
Hey, check it out.

TWO
Wow, I've never seen a desk
like that!

ONE
I've been thinking I need some
more work-life balance, so I'm
going to start exercising while
I'm at my desk.

TWO
So you got yourself a stationary-
bike desk. I didn't know they made
those.

ONE
Stationary?

SFX of crashing into things, more things, a person.

THREE
Watch it, dickhead, I'm
meditating here.

ONE
(riding)
I'll work/life balance on your
grave, Bob!

SFX of bike bell.

V/O
Tip 4: Limit time-wasting
activities and people.

MANAGER
Morning, Jenkins.

JENKINS
Morning, Sir/Ma'am.

MANAGER
Say, what's that little doo-dad on
your desk?

JENKINS

It's an egg-timer. See, I'm trying to get a better work/life balance. I just need to limit the things that waste my time.

MANAGER

Efficiency, I like it. So, let's talk about our targets this quarter.

JENKINS

Fantastic!

SFX of turning egg-timer multiple times. SFX of it running.

JENKINS

Go ahead.

MANAGER

Don't worry, this won't be a waste of time.

JENKINS

Mm-hm.

MANAGER

So, this target, we're aiming to get revenue...

SFX of ding.

JENKINS

Time!

MANAGER

But seriously, this target...

JENKINS

(plugging ears)
La, la, la. Not listening.

V/O

Tip 5: Change the structure of your life.

MANAGER

Williams, I need to talk to you about your whole desk situation.

WILLIAMS

Desk, Sir/Ma'am? No, no, no.

(MORE)

WILLIAMS (CONT'D)
 After a full day of hard work,
 I've reimagined my work station as
 a highly secure fort. Well, desk-
 fort.

MANAGER
 Yes, I can see that.

WILLIAMS
 It's called work/life balance. Did
 you notice the towers?

MANAGER
 You mean the stacks of post-its?

WILLIAMS
 And how about the moat?

MANAGER
 What moat?

WILLIAMS
 Oh, it must have dried up.
 One sec...

SFX of urinating noise.

MANAGER
 Who do you think you are,
 John Krasinski?

WILLIAMS
 From Work It one! Good pull, sir/
 ma'am. Great episode

MANAGER
 (sheepish)
 Well, I don't know about *great*...
 I mean, it was pretty funny, and
 the writing and acting...

V/O
 Tip 6: Start small. Build
 from there.

SAM
 Janet, I'm trying to write this
 scene and it's messing with my
 work/life balance.

JANET
 Well okay, let's get to work on
 a draft?

SAM
Start smaller.

JANET
Do you have a premise? We could
brainstorm.

SAM
Smaller.

JANET
Is your writing software even
open? Let's break the story.

SAM
Uh-uh. Smaller.

JANET
How much smaller can you get?

SAM
Atoms, Janet. Atoms. Now I've this
tiny hammer and...

SFX of explosion.

JANET
Fine, you've obliterated the
planet. Can we get to work?

SAM
Eh, after lunch.