

## **Chapter 25 – Balancing Work and Personal Life**

### **I-Study**

As you enter the life stage of early adulthood, you will begin to develop your independence. Setting up your own household is a major step toward independence. Before moving out, prepare a budget and consider the advantages and disadvantages of having your own place. Choose a location that is safe and convenient and that fits your needs. Before you sign a rental agreement or lease, be sure you understand all the costs and responsibilities involved. Plan how your furniture will fit in your apartment, and establish good housekeeping habits.

In your life you will balance many different roles. Success in one role, such as worker, helps you build success in other roles, such as family member. Balancing work and personal needs is key to achieving a happy life. Today, more and more employers are helping workers achieve balance by offering benefits such as flexible work schedules and on-site child care. You also have a role as a citizen. Staying informed, voting, and volunteering helps you and your community.

## **I-Quiz**

1. What is the term for a period in your physical and emotional journey through life?
  - A. achievement
  - B. life stage
  - C. experience
  - D. independence
  
2. What is the term for the general services for your home, such as electricity?
  - A. taxes
  - B. commodities
  - C. utilities
  - D. rent
  
3. What is work-life balance?
  - A. income and expenses
  - B. commuting time
  - C. balancing your personal roles
  - D. getting to work on time

**Answer Key**

**1. B**

**2. C**

**3. C**