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Curating Your Life

Ending the Struggle for Work-Life Balance

By Gail Golden

Leaders everywhere are stressed and overworked. We talk about work/life balance, but nobody is balanced and the concept just makes us feel worse. Gail Golden, a psychologist and executive coach, has the answer: “curate your life.” To get ahead, use her system to sort your activities and focus energy on what is most meaningful and joyful to you.

Choosing the things you keep in your life and where you focus your energy is doable, and Gail Golden shows you how.

Curating your life means selecting those activities that are most important, meaningful, and joyful for you and fiercely focusing your energy on those endeavors. It also means putting a whole bunch of stuff in the back room, to be reconsidered at another time.

Curating your life means sorting your activities into three categories:

The things you are **not going to do**, at least not right now

The things you will be **mediocre** at

The things you will be **great** at

This is not simple. But the payoff is amazing. Living a well-curated life is doable. You get to succeed at the things that really matter to you, and you still get to enjoy life. Join Gail Golden on a tour of how to curate your life for success, happiness, and fulfillment.

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Acknowledgments

About the Author

About the Author

Gail Golden, MBA, PhD, is the Principal of Gail Golden Consulting, LLC, an international management psychology consulting firm. She utilizes her experience as an entrepreneur, business owner, and consultant to senior leaders of both Fortune 1000 and non-profit organizations to help businesses navigate rapid change by accelerating the development of senior leaders and their organizations. Gail wrote an advice column, “Shrink Rap,” in *The London Free Press* from 1998-2000 and has extensive experience as a public speaker for audiences of corporate leaders and has taught at the University of Chicago's Booth School of Business. She has been quoted in numerous publications including *Fast Company*, *Forbes*, *The Wall Street Journal*, *Today's Chicago Woman*, *Crain's Chicago Business*, *The Chicago Tribune*, and many others. Gail lives in Chicago.

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