



Movement and Rest

The natural movement of work

Time is an illusion and money is a clincher. There is time and money enough. Time is subjective and relative. If you do work that does not flow, the minutes will crawl by. This costs a lot of money, because time is also money. Time flies when you are passionate about something. Putting more time into doing the same thing, does not mean more results. So you have time left for other goals. You cannot solve problems with money alone. More money only gives satisfaction for fourteen days. Then you are used to it. Too much and too little money is the source of a lot of misery. Seeing time also as a variant of Happiness with which you can create value opens up new paths.

The lifehack for your work was created in this way. With the lifehack you will gradually organize your work differently. You gain more and more confidence and an eye for existing values. By cleverly combining these, you continue to develop yourself. Innovation arises when values are connected that you never thought could function together. The result is energy and appreciation in a material and immaterial sense. You notice a development in yourself from judging to miracles, because you:

- Effortlessly combine work & private life
- Have room for paid & unpaid work
- Experience movement & rest in your work

It's up to you to make it work of course: win-win-win.