

FINDING BALANCE

OR AT LEAST LOOKING FOR IT...

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REGAN'S MOTIVATED FITNESS

Balance:

I find myself almost constantly trying to find balance between two or more things in my life. The most common time that we see this phrase being thrown around is when people try to tell us the importance of finding “work/life balance.” Let me shoot you straight; you will NEVER find the perfect work/life balance. When you are too focused on your profession and you spend every waking moment trying to better your career, then you will undoubtedly find that you are missing out on many important things at home. Similarly, if you spend every moment locked in on your personal life, never missing a recital, game, brunch, dinner party, or gala then you will certainly miss out on opportunities to rise in your career. Unless of course, you are a professional TikTok-er and if that’s the case share some of our social media stuff on the interwebs! Finding a perfect balance between work and life is almost impossible but striving for balance in every area of our lives can help us find more happiness and fulfillment.

Can we
ever
really
find it?

No we can't,
but that's OK!



Wherever you are,

I'm in the lucky position of working in the family business of motivation and positivity which allows me to mix and match this work/life divide a little bit more than you might be able to. My advice to you though, is to at least be cognizant of the divide and be present in where you are at any given moment. "Wherever you are, be all there." When it's time to work, work! When it's time to engage with your family, engage and be present! If we spend more time and energy on the present, then we won't feel like we are neglecting the other side because we know we will be back there and focused on it again eventually.



be all there.

Let's find some balance where we can!

Finding a work/life balance is hard so let's focus on a balance that we can control. When it comes to my workout routine I like to try and find a balance between my strength work and my cardio activity as well as a balance between my mental and physical health. Whenever I give focus to each of these four areas, I find myself in a routine that works for me. This week, join me in giving attention to planning for balance in every area of life knowing full well that perfection is impossible, but striving for it will make us better!

