

PUTTING BALANCE IN YOUR LIFE

Can you really “have it all?” Is it possible to have a full time job and children plus still have some fun and time to pursue your own interests? And I’m not just talking about women, either. Men have just as much problems trying to keep balance in their life..

Unfortunately, you really can’t have it all. You must make some choices. But too many people are out of balance because they make all their choices in one or two areas. They put all most all of their emphasis on their families, or become workaholics because they are so dedicated to their job. Their life is out of balance.

One of the most important and under-girding elements of high-energy living seems to be balance. Learning to live in balance, allowing time for both work and a rewarding personal life will bring synergy, joy, enthusiasm and creativity to your life.

How do you think you are doing? Take this quiz to find out. This is from a great book called Time Management for Unmanageable People by Ann McGee Cooper. It has lots of good ideas on managing time, plus putting balance in your life.

The following list of questions will help you asses the level of balance you have created in your life. If you can say “yes” to them, you are developing attitudes and habits that will create the balance you need in your life.

Do I typically look forward to my day at work? Am I eager to get up and get in to the job, and do I feel fulfilled at the end of most workdays?

Do I have an equal enthusiasm for days away from my job? Have I created an equally exciting and interesting life away from my job?

Do I have an equal passion for a variety of interests other than work, such as golf, painting, backpacking or gardening?

Do I have five or six close friends I spend time with at least six times a year who are not connected to my work?

Do I put a priority on quality time with my spouse and children, planning shared activities that we can all enjoy anticipating, doing and then remembering?



Am I good at creating several brief moments of fun throughout my day? Do I wear my professionalism lightly and encourage others to have fun along with me?

So how did you score? Well, I don’t know about you, but I didn’t do so well. I proved that I needed much more balance in my life.

One of the areas I needed to improve was the one where you should put more fun in your day. I’m often guilty of starting on a project and keeping at it until I am finished. No stopping or fun allowed. No matter how long it takes. There is a thing where you can be too disciplined, you know. I was guilty of that. Now I promise myself a “joy” break every hour. I decide how long it can be depending on how much work I have to do.

It can be something as simple as getting a soft drink or a cup of coffee. Or it could be a twenty minute break to read a book or my favorite magazine. Or ten minutes to play on the Internet.

Sometimes I take a long break and go somewhere like a museum or shopping for something frivolous. Think about things you could do to lift your spirits. Go on - it will put more balance in your life.

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