

Work / Life Balance

Just what is work/life balance, anyway? It is one of those "buzzwords" which is being tossed around a lot these days, so much so that I don't think many people stop and think about what it means to them.

Before I talk about what work/life balance **IS**, let me tell you what it's **NOT**.

Work/life balance does not mean:

- Spending the same amount of time in all areas of your life
- Having the same schedule all of the time
- The same thing for all people

Now that we've determined what it's not, let's look at what it is. Personally, I really resonate with the following definition of work/life balance: **Paying attention to every aspect of your life (physical, mental, social, emotional, and spiritual) on a regular basis.** This is simple yet profound. It simply means not letting any area or areas of your life "slip off your radar screen," so to speak. **Here are some more key points about what work/life balance is:**

- Knowing your values and priorities and honoring them
- Having the way you spend your time reflect what matters most to you
- Having work take its proper place in your life (important but not "all-encompassing")
- Being fulfilled in all areas of your life

There is no textbook definition of a balanced life. It is very individual and varies widely from person to person. It's a fluid and changing process and may be different for a person at various points in his or her life.

Two key concepts here are achievement and enjoyment. Often times, people strive for achievement to the exclusion of enjoyment in their lives. It's important to focus on **BOTH** achievement **AND** enjoyment every day.

So, where do you go from here? The answer to that question will be different for each of you, but here are a couple of quick assessments to help increase your awareness of your current level of life balance:

- [The Wheel of Life](#) (*rate your level of satisfaction in key areas of your life*)
- [Work/Life Balance Quiz](#)

Next month, I'll talk about how to find **TIME** for all of the things that matter to you in your life. Stay tuned...