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How To Thrive Now That Work-Life Balance Is Dead

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The constant corporate buzz and push for work-life balance is well intentioned, but the concept no longer exists. In the olden days – before smart phones, email, text and voicemail – it was possible to draw a line between work and personal time. You could leave an office at 5PM on Friday and not physically or mentally return to work until Monday at 8AM.

I work a lot because I love what I do. But because I love what I do, I don't consider it work. This is both good and bad. It is good because I am living my purpose in life. It is bad because I sometimes don't know when to shift focus elsewhere.

In today's world, your conversation needs to focus simply on life balance. That is, how you balance and integrate everything you need and want to do each day, week, month and year. This includes making a living, time with your family, friends plus time for you and time for anything else you want to accomplish. Even the traditional concept of retirement is different. There is no escaping our connected world.

The whole idea of balance in life can appear elusive or even unimportant. When it comes to equilibrium, a number of studies discovered poor physical balance is significantly linked to an increased risk of sports injuries. Not surprisingly, the same applies to your personal life balance and health risk. Study after study confirms poor life balance is directly related to both physical and mental sickness and unhappiness.

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Reminders To Recalibrate Life Balance

A recent *New York Daily News* interview with seventy-two-year-old X-Men actor Patrick Stewart drove the importance of life balance home for me yet again. Like so many people in today's busy world, Stewart, revealed during his third marriage that he regretted focusing on his career at the expense of his family. This is not uncommon. Many people feel the same way late in life. I have worked with countless executives who lament on similar regrets approaching retirement.

Of course there are days when I let my career pursuit steal more focus than it should from my family and other important and enjoyable activities in my life. Stories like Stewart's remind me what I need to do next. You won't have to look hard to find other examples which will relate to your situation in life.

Signs Your Life Balance Is Off

When your life lacks balance, it is painfully obvious from the outside looking in. Sometimes you can't see the forest for the trees when in a rut.

Luckily, self-diagnosing your life balance is easy. Just pause to take inventory of what is going right and wrong in your life.

In this short pause, identify if you are experiencing any of the following challenges:

- Frequently tired or sick
- Difficulty sleeping or waking
- Hearing frequent complaints or jokes about the attention family and friends receive from you
- Feeling guilty about time allocation
- Regularly distracted from your current task
- Making simple mistakes
- Generally unhappy with your life

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Many of the circumstances on this list can also result from depression. However, the question still remains as to the root of the problem. Depression can be and frequently is brought on by poor life balance.

Six Questions About Life Balance

Access to effective tools is helpful in all human endeavors, including achieving life balance. When my life is out-of-sync with the balance, success and happiness I desire I ask myself the below six questions to recalibrate. If I can't answer, "yes" to all six, I investigate why. Then I work towards a solution to solve that issue.

1. Does my life balance contribute to the career and personal success I desire?
2. Does my life balance give me more energy in my day?
3. Do I sleep well and wake up refreshed?
4. Do important people in my life feel they get the attention they deserve from me?
5. Am I able to fully focus on a task at hand?
6. Does my life balance make me happy?

How many of the six questions did you answer yes to?

At the end of the day, life balance is about a commitment to more success and happiness. As the self-help guru Tony Robbins says, "Where focus goes, energy flows." Commit to your six yeses now. Start realizing your true potential in life. You will be amazed at the positive life transformation which will follow.

For more information on Life Balance and how it impacts Recognition, Employee Engagement and Performance Management visit <http://www.SchaeferRecognitionGroup.com>

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