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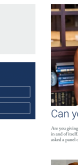

Can you Really "Balance" Work and Life?

Are you giving too much at work and too little to your personal life? The question haunts us, creating stress in and of itself. It balance really attainable or is that overworked society? If so, how do we achieve it? We asked a panel of experts to share their perspectives. Read on to learn more.

Rusty Guilford

Rusty Guilford, A speaker and transformational coach, Rusty helps others achieve more freedom and success in their lives. He is also the successful leader of Agilisys, now 25 years. Rusty believes that to achieve it becomes powerful when your circumstances are in sync and we are living our purpose. Read more about Rusty from his most recent interview. Rusty Guilford

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Change your mindset

Asking whether you can balance work and life is the wrong question. Just like you can't balance a teeter-totter with one person on each side, you don't have to make tradeoffs, that you have to sacrifice somewhere. If you're thinking in yourself, "that's all true!" Then that is part of your problem. With that perspective, you'll never achieve balance. As long as you're giving up something you want, you won't feel "balanced."

You don't have to live in a fantasy world to shift your perspective. No one has more than 24 hours in a day, but some people can navigate their schedule without struggle and conflict. I bet you're one of them. And something has been on your mind since then. What do they know that the rest of us don't?

To stop yourself, for example, you have to change your mindset to one of abundance. This can be challenging at first, but it's absolutely possible. What if you approached your work, not from the need to be hard enough (nor to get everything done that mentioned)? That you were one of those who were blessed with the ability to work hard? That you're lucky to have your first personal or cushed, rewarding work? That you're grateful to have everything done.

It also helps to evaluate what really needs to get done. Most people I know have too much to do. Even if you get everything on your to-do list complete, would you be any closer to a balanced and meaningful life? Would you be any closer to your career ambitions? No! Put your time and focus on what really matters, on what will move you forward in life. And if something has been on your to-do list for more than a week, take it off. It's just adding to the stress you're feeling. If it's that important, it will be back. If it's not, it needs to be really held, down once your schedule is clear.

Work expands to fill the time allotted to it. By defining your perspective to one of abundance, and focusing on the items that really matter, you will find that you have more than enough time to get your work done well and live a healthy, and others will look at you and wonder how you do it.

LaMoyne Moore

LaMoyne Moore is a Business Executive and Personal Coach at LaMoyne Moore. She is an inspirational speaker, author and a passionate life empowering individuals to live out, no excuses their greatest, authentic life of holiness, purpose, and authenticity.

Get your priorities

In case you haven't heard, balance is dead. Work-life balance doesn't exist. People spend their lives trying to chase this thing called balance, which is impossible to obtain. Trying to achieve balance is like running on a hamster wheel with no end in sight. No matter how much you try to balance, there will always be something in your life that requires more of your attention at any given time.

Instead of trying to achieve balance, you should strive for life harmony. Harmony is a combination of elements in life that are complementary to one another with each other. Once you finally stop your mind of unrealistic attention, relax then your job harmonizes may need more of your attention.

The key in life harmony is prioritization. Learning to prioritize goes a long way in your personal and professional life. You can't do everything at once, so you need to set checking things off of your to-do list and getting things done. Prioritize change from day-to-day to incremental getting up early in the morning, evaluating your day, and deciding what tasks need to receive the most during they did need done.

Understand that things happen and life happens. You may not get to everything you want to do each day and some days you may be more unproductive than others. That's okay. Don't beat yourself up over it. Rather say, take the pressure off yourself, replace balance with prioritization, and work towards life harmony each day.

Anne Walker

Anne Walker - Avenue Writers The Balance Issues

Look for common goals

Work and life don't have to be at odds with one another. We work, and then we live. It implies that the fulfills working, and we enjoy living – whatever that means, exactly. Probably, it means leisure activities or something like that.

For most of human history, work was life for better or worse. What's the point of life? It means that it might be helpful to stop thinking of work and life as two separate entities competing for your attention. Instead, look for the achievements, rewards, and successes from work – just like we do from our hobbies, families, and other parts of life.

Stop linking the balance-term lexicon to common goals shared between both areas.

Sandra Wiseman II

Sandra Wiseman II is the founder of Local Life, Balanced Solutions Coaching provides coaching and consulting services to leaders and individuals who want to maximize self-awareness, and to improve communication and self-regulation skills to help them achieve the highest version of themselves.

Action is a choice

A feeling of a lack of work/life "balance" is a major source of anxiety in many lives. But in order to move things in supply – work, hustles, sleep, social life, self-care, personal growth – the idea of finding "balance" will be a source of frustration. Instead, we should look at the concept of "integration." The idea behind integration is to merge as many spheres as much as we can, so that we're not constantly trying to keep all the balls in the air at once.

Integration means we behave similar or divide that each one receives equal attention, so that we're divided down the same time. In reality, it's a moving target. There's no way to get equal time and attention to each thing in our lives. Instead, we should look at integration as a way to make sure that we're there, with whom we're with. There is no one and none to be with him all the time. Diversity, work and look forward to doing it. When I am with my family, I will not be online and on the internet. A whole sort of balance. I feel like I'm missing out.

A crucial element of the magical balancing act we don't choose is managing what we think and how we feel about these sacrifices. Obviously, but it's when is starting at stress – not the lack of perceived "balance" but rather the emotions we feel about the sacrifices we make. For example, I'm not willing myself to like I have no choice but to work late instead of spending time with my kids. The way I'm willing myself is that I can't spend time exercising because I should be spending it with my family.

These stories become "truths" in our minds – as through we have no other options. This lack of choice creates resentment.

Changing how we think about dividing our time changes how we experience it. Instead of "I have to work late instead of spending time with my kids," Today it is important to me to spend time with my children instead of going to the gym."

When we realize each action is a choice, not the end result, it feels significantly less stressful. On the other hand, it opens our minds to the realization that no one makes another choice right now. If we want to.

The key is not to let your thoughts make you feel trapped. Change the story.

Liz Brown

Liz Brown is a writer, editor, and work coach at Personal Excellence, a company that aims to develop the skills and habits of successful people. Liz is also a certified life coach and a certified yoga instructor.

Maintain healthy habits

To most entrepreneurs, a work/life balance is no more than a mere myth, but I can tell you that through the right tweaks and changes, anyone can achieve a truly life balance. However, we must make active maintain and habits. Habits are the foundation of our lives, and they're extremely powerful. These small additions to your routine can have the body and habits in your business that affect one's physical, emotional, and mental health, which, in turn, empowers you to perform through and live with your real time to pass.

Erika Serafini

Erika Serafini, author of the book Resilient, shares her expert insights on resilience, mindset, and wellness. Erika's mission is to provide a roadmap to help people overcome adversity.

What really matters

Elusive "work-life balance" is rumored to be some sort of a pure city of pressure on an individual. Instead of trying to divide time at work, and time at home, I suggest you focus on what really matters. Ask yourself, what are the most important things in your life? Is it your family, your health, your career? Is it your spirituality, or is it a combination of these things? Once you've identified these things, you can begin to make decisions that support them and ignore decisions that don't support them. Sometimes you will have to make compromises and open discussions with your boss might bring a solution that works for everyone. Ultimately, I think discussions and finding a middle ground is the best way to find balance in your life. Remember, it is important that you seemingly equal time spent on each segment of our life.

Joshua Steimle

Joshua Steimle is the founder of Digital Nomads, a community for digital nomads and location independent entrepreneurs.

David Kershaw

David Kershaw is a staff writer at Classy Blog. He enjoys writing about fitness, health, and self-care. In his free time, he likes reading, working out, shopping, and hanging out.

No more. No less

A PERFECTLY small.

The mainstream view on work-life balance is wrong because it approaches work and life as two separate things. Work is something we have to do, and life is that work is something that we endured so we can go be a useful member of society and support oneself, and the other is that work is a goal in itself and the most important part of our life.

These two views are flawed, because they both consider work as something unique and not just another part of your life. There is no balance.

LIVING A HOLISTIC LIFE

My viewpoint is that work is just another part of your life, and our difference in any real way from, say, relaxing and binging on TV show or reading a book. Work is something we do, and it's not the most important thing in our "work-life balance." And yet, we've even shoulder's just as much energy (mental) how work is they should (mental) anything else – in many, no less.

Once one realizes this, they will work and live, not need to live or live to work.

Andrew Taylor

Andrew Taylor - Director of Zen Internet

See work. And I apologize for it. No.

There is a balance between work and life that allows both a program to any experience – when one is thriving, the other suffers. It is both relevant to find their own happy medium where they feel comfortable.

One way tools that is to ensure what you do for work enhances your life. It is not a coincidence that I work in the health and fitness field. I am able to focus on what promotes it, or broadens content – but you do not need to find work that you feel fulfilled in your role.

That way, you're not trying to play 'catch up' in your free time, rather, you are just doing more of work to enjoy, immerse with other aspects of your life – such as your family or your hobbies.

Another way to encourage is many finds feel helpful. Include family in your work, or encourage your family to take up your hobbies. Encouraging it to your role can lead to long-term a positive effect on the whole.

Finally, you can also look to find a balance between work and life by working with a party work or something, you like to enjoy to encourage you to. Christmas party or the monthly meet-up.

Srikanth Mamidi

Srikanth Mamidi is a coder, speaker, and passionate blockchain expert. He is a blockchain evangelist, business development manager, and contributor to educational platforms such as Coinbase, Binance, and many of the top ICOs. Visit srikanthmamidi.com

It takes hours, time and effort

It takes hours and the art for you to be able to do so what you want out of work. Instead of going about thinking life is just happening to you, you're the one who is responsible for your life. You're the one who is able to take it into your own hands and find out where things that you truly important.

The balancing act of work and life will feel easier because every action will be intentional and meaningful. The choices will be given. So by any reason to you, you can balance work and life, have time for activities and others – all that I always will spend.

Chris Russell

Chris Russell is the Content Manager at Coinbase and a former Content Editor at Time Inc. Previously, he was the Features Editor at The Financial Diary.

Discipline

A statement who works two jobs, runs an 8k and subscribes YouTube channel and writes. I'm hard to find work-life balance. On paper, I should be a poster child for work-life balance, but I'm not. Instead, I'm a poster child for burnout, of stress-induced anxiety and nervous twitches. I haven't even seen my fiancé per month. I need to find a better month – my life is stressful and I'm tired.

I've found the best way to rethink work-life balance is to change the way I think about it. Instead of thinking about work-life balance as a balancing act, I'm spending time with family is a meaningful way to connect with them – we're back at work. Work and home life don't have to be at odds with one another.

Also, when we try to balance, it feels like we're compared something those things are not. We're trying to balance work with life, as opposed to balance at work or not home – our identities are multi-dimensional and we should show all sides in all the places we contribute.

Jasmine Dyce

Jasmine Dyce is the Managing Partner of Dyce Social Agency. Jasmine has been featured in Forbes, Inc.com, and Entrepreneur.com. She is passionate about helping entrepreneurs and small business owners. Jasmine is also a published author of three books, a podcaster and speaker.

Chase without 24/7/8 calculation

Work-life balance is a myth. Trying to find equilibrium in this life doesn't merely underscores out of reality. You're not going to have time to work so enable you to spend five hours on the golf course. Reality doesn't work like that.

Rather than striving to achieve that elusive balance, I am flipping the script by encouraging people to chase whatever combination of interests and activities makes them feel fulfilled. Chase, not calculation. In other words, to pursue does not add the pursuit.

It was only a few years ago that I was able to make room in my own life for one of my passions: cooking. Now I am a certified, celebrated culinary highlighting the joys of Italian cooking, my successful classes has given me the opportunity to travel, meet fascinating people, and do amazing work connecting and podcasting.

I didn't think it was practical to possess interests outside of law and family, but now I know that by doing those things that truly make me happy, I am a better lawyer. The time I spend with my family and friends socializing, recipe testing, and traveling makes me more creative and productive at work. My enthusiasm runs to work hard and ultimately inspires an intense interest of balance.

Jess Dang

Jess Dang is the founder of Fresh Fitness Food, a healthy meal delivery service in the Greater Toronto Area. Jess is also the founder of Cook Smart, an e-course helping students learn how to cook delicious, healthy, and inexpensive meals at home. Jess has been featured in Food Network cooking shows and works in Apple retail store.

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Focus on work-life synergy

I think we need to stop talking about work-life balance and start talking about work-life synergy. There's so much pressure on women in particular to "have it all" and "do it all" and "be it all" that we're constantly trying to always maximizing while the other loses – we're never perfectly in balance. How can we feel good about our efforts, either at work or at home, in that context?

By focusing on work-life synergy instead, though, we look for what feels so, and what makes us feel energized and fulfilled in both areas of life. Not spending time with family is a meaningful way to connect with them when we're back at work. Work and home life don't have to be at odds with one another.

Also, when we try to balance, it feels like we're compared something those things are not. We're trying to balance work with life, as opposed to balance at work or not home – our identities are multi-dimensional and we should show all sides in all the places we contribute.

Farah Hanna, M.A, LCPC

Farah Hanna is a licensed therapist and workplace wellness advocate who specializes in work-life balance. Only LCP, a company dedicated to advancing each of the employees Care Philosophy, which emphasizes the importance of mental and emotional well-being in the workplace. Farah is also a contributor to Huffington Post and various other publications.

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Things that matter

There's this misconception that one need to have a balance between work and life; all these workshops are separate. In your life, you will work, the key is to create alignment between the two. Your values will help create the foundation to help you do that.

No more counting on a job or career. Think about the things that matter to you. Then, find a way to integrate them into your life. Your business will guide you in your decision-regarding your time and investments. There will never be a moment where everything is balanced and be equal between your work and your personal life. Instead, you will be in alignment with the values you set for. The key is to make sure that your work and your work schedule into your day-to-day living so that it aligns with how you want your life to be at that moment.

As things shift in our lives, we readjust. This can mean choosing to work more or less depending on what is happening in your life. It's important that we recognize a lot of global travel to satisfy your love of culture and diversity. Whatever it is, take the time to evaluate what your values are to better navigate how you want your working years to look in your life.

Bevyn Schwartz

Bevyn Schwartz is a Managing Editor at Fun Beast. She has been featured in Reader's Digest, Bustle, Bustle.com, Lifehack, and Cosmopolitan.

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No such thing as 'perfect balance'

Yes, you can balance work and life but (only) to some extent as sometimes it will be more work than life. On the other hand, there will be more life than it is more of one day. On the other hand, some family circumstances, whether good or bad, heads the hustle bustle between your personal life and work. Sometimes a third change of an emergency has been required because you have to check your email kills the inside of you slowly and your work-life balance is not what it's the balance between your work and life.

First, and the best key to balance work and life, is to accept that you continue to maintain balance, but there is no such thing as 'perfect balance' between life and work. In this way, you'll be less stressed when you are unable to get things done, whether at the workplace or in your family.

Your health should be your top priority. The less stressed you are the happier you'll be. It will increase productivity at your workplace, too. You should avoid multitasking, and don't let the criticism at your workplace affect your personal life. Your personal life should be your main priority, and balance between work and life will work well.

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