Re-Gaining Balance, for you and Your Family

The term balance has become a wonderful catch phrase… However, is it just another cliché, or can we really achieve some sort of balance in our lives?

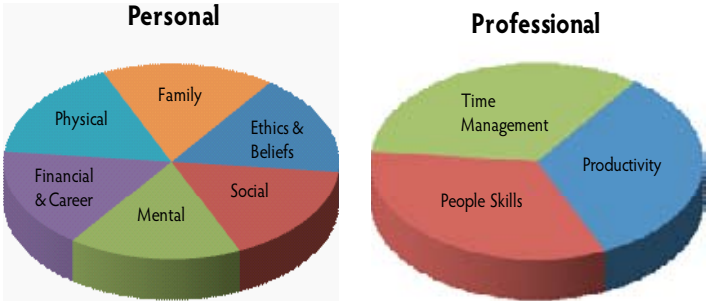
Where do you start to achieve some sort of balance? Recently, I was fortunate enough to be part of a graduation ceremony for a corporate leadership program for a successful North Texas company. It was readily apparent the participants were emphatic about the new sense of balance they each felt after completing the program. Many mentioned a sense of peace and continuity both personally and professionally.

How did they do it? How did they achieve a sense of balance?

The participants said that they were able to achieve balance, but first had to take a step back in order to really look at where they were in all areas of their lives. Each of our lives is set up like a wheel with a number of separate areas within them. Furthermore, we all have two wheels, a personal life wheel, and a professional life wheel.

In our personal lives we should take stock in the following six areas: Physical, Mental Growth, Spiritual/Beliefs, Financial, Social, and Family. On the professional side, take a look at Time Management, People Skills and productivity.

Take a moment to reflect upon how much of your potential you feel you are using in each area of the wheels. Shade in each piece of the wheel according to how much of your potential is being realized right now. Go ahead, try it, you know you want to…



In order to really be able to ascertain balance it is important to look at where you are today. Once you have your starting point look at the areas that are shaded in least. Are these critical areas for you? If so, then you just found your starting point. Begin by setting goals in these areas that will allow you to achieve more and bring you closer to being in balance. Balance comes down to setting goals in each area and taking action to accomplish those goals.

The real test is to balance your day-to-day work activities whether they be in the corporate office or the "home office". Work (however you define it) and life balance is the key to living a purpose-filled life.

Try these three tips and you will improve your life's balance.

First: Decide what is really important. Yes, I realize that this is easier said than done. How do you get there? Most importantly, decide what your priorities are and find a way to keep focused and on a path towards development. Often a partner, friend, spouse or a professional can act as a mentor and coach. Take 30 minutes to decide your top five priorities. They could be family, spouse, working out, career, hobbies, travel, etc. Then, rank them and spend time doing those activities that are in your top five. Remember you can combine activities. Example: Walk the dog with wife and kids (exercise, family time).

Second: Learn to prioritize activities. Decide what is a "must do" (must be done today or else) and the rest becomes a "should do." When you are able to clearly articulate the things you must do, your direction is obvious and actions are clear-cut. Then, really put these things (the important ones) on your calendar and To Do List.

Third: Allow others to help you gain balance. Ask for help watching the kids while you run to the store. Trade baby-sitting with friends for dates with your spouse (guys take note). Another suggestion is "tag-teaming" where one goes to the gym while the other watches kids, and vice-versa. Finally, plan for and actually make time for fun.

We all strive for the ultimate balance which is really unique to each of us. It is up to you to identify what is important. Then set out what needs to be done now and get help where it is needed. Getting help will allow you to begin to enjoy those aspects of life you may have been missing.

It all starts with the first step of making the decision to begin to re-set your life's balance for the better. Today can be the day where you take complete control of your life.

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