

21 ways to achieve work-life balance



Feb 12, 2014
By Jeff Davidson

The challenge of maintaining work-life balance when leading a company, managing a team or planning meetings becomes more acute with each passing month. With that in mind, here are 21 ways that professionals with work-life balance are different from others:

1. The typical person thinks that work-life balance is something you need to strive for. Those who have work-life balance, or WLB, realize that it is an everyday practice.
2. The typical person becomes stressed throughout the day from the demands they face. Those with WLB anticipate unexpected demands and dispense their energy accordingly.
3. The typical person suspects that only the privileged can attain work-life balance. Those with WLB understand that it is within everyone's grasp.
4. The typical person assumes you need money and resources to experience WLB. Those who have it know that money or resources won't help if you're on the wrong path.
5. The typical person regards taking time for themselves as a luxury they can't afford. Those who have work-life balance recognize that taking time for themselves is vital.
6. The typical person becomes emotional about his/her lack of work-life balance. Those who have it take a rational, methodical approach to maintaining it.
7. The typical person strives to get more done, hoping for free time at the rainbow's end. Those with WLB take time for rest and reflection, on the way to getting more done.
8. The typical person is resigned to a state of "too much to do, not enough time to do it." Those who have WLB establish priorities and supporting goals to those priorities.
9. The typical person multitasks, seeking to save time and effort. Those with WLB avoid multitasking with its many traps, and master the art of doing one thing at a time.
10. The typical person seeks technology tools and apps to carve out free time. Those with WLB have found that simple approaches work best, tools or not.
11. The typical person believes that greater responsibilities diminish the chances of achieving WLB. Those who have it do not allow such thoughts to impede their progress.
12. The typical person worries that taking periodic breaks might be seen as shirking their work. Those with WLB regard periodic breaks as vital to their consistent productivity.
13. The typical person wants to catch up all at once. Those with work-life balance maintain a "pay-as-you-go" system and avoid crash



By Jeff Davidson

21 ways to achieve work-life balance

The challenge of maintaining work-life balance when

leading a company, managing a team or planning meetings becomes...

[Read More](#)

By Brad McDonald

Key to successful selling is 'talk less, listen more'

Do your prospects listen

intently to you? That might be a problem.

Here's why: A prospect who is listening is...

[Read More](#)

campaigns.

14. The typical person feels driven by external forces to race through the day. Those with WLB acknowledge that their own habits are the primary force in achieving WLB.

15. The typical person doesn't draw upon the resources needed to continually experience WLB. Those who have it assemble such resources and more, to create leisure.

16. The typical person acts as a helpless victim of daily noise and interruptions. Those with WLB monitor and manage their personal space to minimize distractions.

17. The typical person focuses on finishing the workday so they can drop back and relax. Those with WLB are productive at work and have a life for the rest of the day after work.

18. The typical person engages in inactive leisure - watching TV, web surfing, and so on. Those with WLB use leisure for novel experiences, learning and physical activity.

19. The typical person does not reinvest some of his earnings in his own well-being. Those with WLB strategically purchase goods and services that support them.

20. The typical person longs for the good old days when the pace of life was slower. Those with WLB recognize that even in our fast-paced society, it's always attainable.

21. The typical person collects work-life balance tips hoping that such information will rub off on them. Those who have WLB ingest the insights of others, and ultimately follow the beat of their own drum.

And if 21 wasn't enough, here's a bonus: The typical parent passes their hectic lifestyle on to their children. Those who have it teach their children what is needed to continually experience work-life balance.

Jeff Davidson is "The Work-Life Balance Expert." He is the author of 60 books including "Breathing Space" and the "60 Second Innovator." To reach him visit www.BreathingSpace.com or call 800-735-1994.

Originally Published In

<http://www.insidebiz.com>