



## **Finding Balance in an Unbalanced World**

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Imagine for a moment this scenario. Your life is like a smooth running machine. You have plenty of time to do all of the important things: eat breakfast, take the kids to school, arrive at work on time, prepare for all of your meetings and appointments, enjoy a leisurely lunch with your best client or a top performing employee, close a deal, leave work on time, pick the kids up from school, work out, make dinner, relax with the kids, spend time with your spouse or significant other, go to bed and sleep soundly.

If this is your routine, day-in and day-out, then you're not in Kansas City anymore Dorothy, and in fact, you may now be living in the town of Stepford (remember the movie, *The Stepford Wives*?) and I beseech you to get out fast! And, in case you might think otherwise, this goes for not only women but men too.

Since most of us aren't robots, we may experience a smooth running day like the one described above on occasion, but the likelihood that we experience this on a daily basis is slim to none for most of us. However, it is possible to find balance in an unbalanced world if we can accept the notion that balance is not static but rather a dynamic concept. It requires the ability to make choices and shift priorities daily so that they align with your values and goals.

The key to finding balance is to take the time to clearly define your values, personal goals, and your definition of success. It also helps to understand what your key motivators are and how these manifest themselves in your daily life. You can do this on your own but don't be afraid to seek the help of a coach if you need help defining your goals or understanding your key motivators.

Once you have your foundation laid, then the fun really begins because the universe has a funny way of challenging us. Here are a few tactics to help you stay the course and enjoy balance on your terms.

1. Set clear boundaries. One of my clients works late and accepts calls at home in the evening during the week but he has made it clear that he does not work on weekends. Weekends are for his family. Period. His staff and vendors honor this and his family appreciates knowing they will have his undivided attention come Saturday and Sunday. This provides a balance between work and family for him.

2. Be flexible on means. A speaker I heard recently indicated that it is important to her to be involved with her children and to attend their important events. She also has a desire to eat healthfully on a daily basis. One day this might mean eating a home cooked meal with her family before heading to a school event. Another day it might mean eating a health bar and some string cheese in the car on the way. Because she is flexible on the means, she is able to achieve the balance that is important to her.

3. Get comfortable saying no. Sometimes it is hard to decline a request to attend an event or serve on a committee. Be sure to evaluate every opportunity using your values, goals and definition of success as a filter. If something doesn't fit these screening criteria, say no. This makes it possible to say yes to the things that are important to you.

Sounds simple, right? Maybe but I think you will be amazed at how challenging adhering to these three simple tactics can be. Remember, finding balance in an unbalanced world is possible. With the right attitude and focus it could even happen to you.