

***Work/Life Balance:  
Does that really exist  
Or are we just fooling ourselves?***

It is said that people struggle to find work/life balance. The truth is there is no such thing. Work is part of life as well as family/parenting, personal development, spiritual growth, fun & enjoyment, intimate & social relationship, health & aging, and personal finance. It's all part of life. So which of these aspects of life does one really look to find balance? My guess is work/family, since that's where a lot of struggles lie. Especially for women who are torn between career and family.

Finding balance in life can be quite simple if we follow three basic life's principals: honesty, values, & authenticity. When these three principals are acknowledged and practiced we become more internally centered thereby extending that balance to life. Why? Because when we are honest with ourselves and those around us and live by the values that make up our character, we live authentically. When we live authentically, we live truthfully, When we live truthfully, there is no question about the choices we make that will create the lives we want to live. Those choices strengthen us and those around us because what we teach is empowerment – by example – and thereby creating some balance.

It is important to remember that in the course of trying to succeed at balancing work/family we will probably stall at some point and perhaps ruffle a few feathers. Well, that's life, and there are ways to remedy that as well. If we acknowledge and practice honesty, our values, and authenticity with love and compassion as well as creating solid boundaries we can find balance. It may be challenging and yet possible. Charles The Bold once said: "It is not necessary to hope in order to undertake, nor to succeed in order to persevere." The message seems clear to me: it is in the process that we grow, and in that process we allow our family to grow with us. We can keep our eye on the prize in order to stay focused and still remember that it is in persevering that success is already obtained.

So ask yourself:

What are some practical ways I can empower my family today?

*Jean Marie DuHamel, MA, CEC*

Three practical ways to empower your family:

- Meet your families needs
- Negotiate/Involve them in your work
- Empower them to speak

Three ways to practice perseverance:

- Keep going even when you get tired
- Hang on
- Keep the prize in your mind's eye

Three ways to learn about perseverance:

- By reading about & talking to those who persevered before you
- By asking someone to walk the journey with you
- By striving for your goal and in the process remembering the journey

*For what purpose will you choose to persevere?*



