

# Is Your Life Balanced?

by Joy-Ellen Lipsky, **Success with Joy!**

How would you rate the quality of your life? Are you ensuring you balance activities through the eight main areas of life: career, family, social/relationships, health, finance, spiritual, and self-development/renewal? Work-life balance, or quality of life, is about understanding what's important to you, and living those priorities.

The truth is, however, your life will never be in total balance. Why? Because life happens. Perhaps you return to school, get married, have a baby, buy a new house, or start a business. You put an emphasis on one or more of those areas of life, which is fine, but does leave less time for the other areas. These are conscious choices.

However, there are other choices that come along which may not be truly important to you, but you don't want to say "no" without fully evaluating their impact on your time and energy. To improve the quality of your life, one of your first steps is to say "no" to some things, in order to say "yes" to the activities which matter most to you.

There are five keys to maintaining a more balanced life:

- 1) Commit to change. Your status quo needs to become history. You must be willing to make choices that support your desired lifestyle.
- 2) Decide what it is you really want. How do you decide between alternatives if you don't know exactly what you want in each area of life? Rank your desired outcomes so you make the best choices for you.
- 3) Figure out how to get what you want. This is where you need to become creative, and also learn from others. Do you share or outsource chores, use cooperatives, telecommute, job share, manage your time, network, or delegate? There are an infinite variety of books and articles on the web that can help you to get back your time, to spend in other ways.
- 4) Put your ideas or plan into practice. Be disciplined -- no one said this was going to be easy, but it is very rewarding. Walk your talk, do what you say you need to do, and seek help and advice from others. Don't try to implement every change all at once; ease into change with realistic expectations. Make forward steps every day.
- 5) Adjust your desired outcomes when necessary, and measure your progress. What's working? What's not? In-course corrections will help you continue to make the best choices possible for the current moment.

Balance is about choice. It is up to you to determine how you want to live your life, and then making the changes to bring you an extraordinary quality of life, and success with joy!

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