

## WORK LIFE BALANCE FOR THE BUSY PROFESSIONAL AND FAMILY MAN

*Written by Steve Taplin, 2/10/16*

In the age of technology and smartphones, all of us tend to have higher demands for work. The days of going home at 5pm (and not having to worry about your work until the next day) are far and few between. Many people I meet have a hard time prioritizing between their “work” (career and ambition) and their “lifestyle” (health, pleasure, leisure, family and spiritual). I often find this to be the case with people who do not have a passion and enthusiasm for their job / career. When you love what you do this is typically not an issue. If you do not love what you do, you need to take a SERIOUS look at your life and see what changes you need to make.

Throughout my career I have always worked 60-80+ hours a week because I have always loved what I do. I often work on weekends and during vacations. However...I love what I do so work is my passion. In addition to that, I ALWAYS make time for my family, attend my kids sporting events, and put my kids to bed. I even go out for drinks with friends at least 2-3 times per month.

The fact of the matter is that there are 24 hours in each day. If you prioritize your time appropriately and cut out wasteful activities, you will be shocked at how much you can get done in a day. Focus your time, attention and energy on things you can control. When focusing on time management, make sure to consider the following:

1. Get proper rest (for some people this is 4-5 hours a night, others its 8+ hours a night).
  - a. I typically get 6-8 hours of sleep per night
2. Schedule out your day
  - a. Utilize technology, smartphones, calendars, task managers, etc.
3. Live a healthy lifestyle
  - a. If you don't, it can affect your time management capabilities greatly.
4. Write down goals for each day, week and month.
  - a. EVERY successful person does this. TIP – copy habits of successful people.
5. Build downtime into your schedule (or you will burn yourself out)
  - a. If you like movies, TV, reading books, etc. schedule 1 hour a day for these activities.

Sometimes it is hard for us to take a step back and take a serious look at our life and how to implement changes. The power of good habits is important – but can be challenging to implement. If you need any recommendations for books, mentors or coaches, feel free to reach out to me for free advice.

Best regards,



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