

Balance in Life

Written By Rhonda Hamilton

Most professionals struggle with balancing work with personal life. It is oftentimes difficult to find that middle ground that nourishes both areas. It is important to note that finding balance in life involves knowing yourself and what's important to you, then making choices and establishing plans accordingly.

Understanding yourself is absolutely essential in developing an empowering Life Plan. Knowing what you care about leads you to evaluate what you want out of life. All smart planning is based on that foundation—what you are looking for in life. It is imperative that you look closely at your values, because your values are what you care about. Knowing what is important to you makes it possible to plan your future intelligently. Your values are not tasks or resolutions. They are what you believe in. These values motivate you and make it easier for you to stay with your plan. People will do more to protect their values than just about anything else in the world. To reach your full potential, you must design your life around your values. Goals are rarely reached, when they are not based on a foundation of motivating values. Values are the key. When they are your foundation of planning, they will pull you toward your goals—you will not have to push yourself. Your VALUES are your Life Priorities!

I recently received an e-mail that reminded me of the choices that I make in balancing my life. It read as follows:

The Five Balls - Imagine life is a game in which you are juggling five balls. The balls are called, Work, Family, Health, Friends, and Integrity. You are keeping all of the balls in the air, but one day, you come to understand that Work is a rubber ball. If you drop it, it will bounce back. The other four balls, Family, Health, Friends, and Integrity, are made of glass. If you drop one of these, it will be irrevocably damaged or maybe even shattered. Once you come to understand this principle, you will begin to have balance in your life. (author unknown)

It is important to keep our priorities in order. To be our most productive at work, our plans must align with our values. Balance in life leads to increased productivity and higher levels of success, happiness and contentment.

Rhonda Hamilton is a professional life success speaker and communications skills expert who champions others to live a bigger and better life. She specializes in bigger life principles, business building skills and interpersonal communication skills. She offers motivational keynotes and training for business professionals, associations and organizations who want to leverage their strengths, improve morale, build relationships, improve communication skills, excel in customer service, and ultimately, raise their level of profitability. Rhonda is committed to helping others build a better self and thereby, build a bigger life and a better world. She can be reached through her website, www.RhondaHamilton.com.