

BAUR ON BALANCE

Is Your Work/Life Balanced . . . or Not?

by Shelley Page Baur

Every working person I know is juggling job demands with personal care concerns, based on conversations I hear every day, such as this one:

“My mother just broke her hip and she’s on her way to the hospital by ambulance. I can’t locate my wife on her cell phone, and I chair a committee meeting in 15 minutes.”

Chances are the executive’s wife was in the midst of a mid-year employee performance review herself -- or taking one of their kids to an after-school activity.

When you hear the phrase ‘work/life balance’ do you say, “Yes, I’ve got it!” Or do you laugh and wonder how in the world you find this elusive place called “balance”?

When a marriage of 13 years ended, I became aware of how seriously out of balance my life had become. Devastated, I realized that I had a lot of serious work to do – on myself! A true Baby Boomer, I realized that I had to learn about “me” before I could begin to make sense of anything else. I really dug in and took every personal development course I could find. Initially, the emotional toll greatly affected my income-producing ability. I became aware that I was miserable in my current career and felt that my work had become inauthentic. I wanted to do something with purpose -- *to live on purpose*. Ultimately, I wanted to assist people in realizing their own purpose and living out their lives with passion.

Having now survived the best and worst of marriage, divorce, step-parenting, business ownership, financial betrayal and setbacks, death of my dad, finding my own mission and purpose *and actually living it*, I have the courage to share the experiences, hope, and

resources that helped me to find my way back to health, balance, and a wonderful, successful marriage.

Here are five steps I took to move from broken to balanced:

- Took a personal inventory, stopped blaming things from my past, and became responsible for creating my future.
- Sought help to understand what was healthy for me and developed an action plan to get there -- physically, mentally, spiritually, romantically, playfully, financially, and in personal, family, and community relationships.
- Focused on specific areas, with written goals that I supported with daily affirmations.
- Celebrated when I reached a goal, which reinforced my own positive changes and encouraged me to move ahead.
- Made a commitment to help others find their way to a purpose-filled, balanced life.

This last step -- commitment -- is realized in writing for you, the reader. In future columns, I will share personal stories of people and organizational experiences that work to bring people's lives into balance. With practical, down-to-earth knowledge, techniques, and information from experts in the field of work/life balance, it is my belief that it will assist you, the reader, in living the life you **really** want!

Email Shelley with your most challenging work/life balance issue, what you did to overcome it and/or what you would do differently to find balance in your life. Shelley Page Baur is committed to building people for life and leadership through

transformational learning experiences. For more information about her topics and seminars, email shelley@shelleybaur.com or call 901.637.0873.