

Leaving the **MOTHER SHIP**

Work-Life Balance doesn't mean giving up work -- or life *The Personal Balance Sheet*



There is nothing incompatible with being a high energy, driven performer -- and also achieving life balance. Many "balance" activities actually play directly to our business goals. Unfortunately, few courses in college or university teach us how to achieve this balance, let alone have it drive our business.

According to management consultant, career coach and author, Randall Craig, achieving balance is something that is easily learned. How? He offers a tool called the *Personal Balance Sheet*, which is covered in his book *Leaving the Mother Ship*, a practical guide to career planning and work-life balance.

The *Personal Balance Sheet* divides our time and effort into seven different areas: Community, Family, Intellectual, Physical, Spiritual, Career, and Financial.

“Most of us spend too much of our efforts in the career and financial areas,” says Randall Craig. “While the definition of balance is unique to each of us, it’s important to consider how we currently divide our time across *all* areas. Then, to achieve balance, we must decide how differently the time should be divided, then commit to and schedule activities in these areas.”

Craig suggests that a good starting point to achieving balance is recognizing that we define ourselves along seven dimensions – not two. To check how you are doing, ask yourself the following series of questions:

Community: Are you active with volunteer organizations? Are you satisfied with the friendships that you have outside the workplace?

Family: Are your relationships getting stronger, or weaker? Do you feel guilty about the amount of time that you give to your spouse, children and older relatives?

Intellectual: Are you able to do simple math in your head, or do you routinely reach for a calculator or spreadsheet? How much have you invested in self-development and training over the last year?

Physical: Are you happy with your weight and appearance? Do you think that you could be in better shape?

Spiritual: Do you feel guilty about how much time you spend in this area? Do you feel comfortable that you can answer your children’s questions about spirituality?

Career: If you had to do it all over again, would you have made different choices? Do you feel that you have control over your career?

Financial: Do money problems cause you undue stress? Are you satisfied that you will reach your financial goals in the foreseeable future?

Your balance activities, structured properly, can play directly to your professional goals -- and your personal ones. Achieving Balance means choosing how much time you wish to spend within each of these seven areas – and then scheduling it in.



- Like this concept? Sign up for more with our (no-cost) *Make It Happen* TipSheet at www.LeavingTheMotherShip.com/news.
- Looking to take the next step? Purchase the Leaving the Mother Ship book and Workbook at www.LeavingTheMotherShip.com/store.

Randall Craig is a management consultant, speaker, and author of *Leaving the Mother Ship*, a career planning book. www.LeavingTheMotherShip.com. He speaks on the topics of Career Planning, Work-Life Balance, Entrepreneurship, and Consulting.

