

The 10 Myths of Work Life Balance

1. I have no work-life balance

Work is part of life and it is impossible to balance something inside something else unless you are an expert juggler or illusionist. Could it be that you feel out of control and this is a convenient phrase?

2. I am sick of not having a life

Most of us love work. We need to move and shake and if we don't we can become de motivated and depressed. If we work too much from time-to-time we need to do something about it but hey we still have a life- don't you?

3. I am so driven I just can't get a balance between working and doing other things

We all need a purpose and for many people, work is the reason we get out of bed in the morning. However, we can choose to do things differently and make time for other things. Sometimes we just need to stop driving ourselves quite so hard.

4. I have enough money and yet no time to enjoy it

Life is for living and work and money enable us to do just that. Why are you stuck in not having the life you want? I can guarantee it is not only about your career choice.

5. I like to work hard and play hard

Work hard and play hard is a great motto to have and we can choose to work less and play more or work more and pay less- these options are not necessarily in balance but we are all different and we are all having fun- or are you just pretending to enjoy?

6. I have too many things in my life to have a work-life balance

Life is full of lots of things besides work- family, friends, holidays, hobbies, interests etc. Whatever makes you enjoy life.... is just great for you and you can choose where you set the balance. Do you know where your centre of balance is?

7. Work makes me stressed

Being in and out of balance makes us stressed from time to time. All true and some level of stress is good for us. Some people are equally stressed by not having enough work or enough to do as they are having too much and feeling overwhelmed. Work cannot make you stressed. Situations and how we deal them (or don't) are the causes of much of our stress. Are you dealing with yours?

8. Work life balance is a right

Is it? With rights come responsibilities and so often we let others take charge of our lives by becoming irresponsible and disrespectful of ourselves. We hand over the responsibility for our own balance to others by hiding behind an excuse of "too much work" "boss too demanding" "I must work long hours otherwise I won't get on in the Company". You can choose to have control or give it away.

9. I can never have it

Yes you can. You can choose whatever balance you want between your work and your non-work life. You just have to do that think called making choices. You can do that easily can't you?

10. I have too many commitments to have a balance in my work and personal life

Really? Who is in control of the life you lead? Work life balance as a concept is a bit of a myth because work is part of your life rather than an alternative option. You only have this life right now. Live it well and enjoy it- wherever and however you choose to balance.

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Marie coaches professional men & women who already have successful busy lives. She works with clients to enable them to achieve success in all areas, be it business, confidence, managing people, relationships with others, or relationship with the self.

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