

LANDMARK LIFE COACHING

TOP 5 MUST DO'S TO ACHIEVE AND LIVE A LIFE OF BALANCE

Have you often thought there must be a way to be successful in both my professional and personal life without sacrificing one for the other? I'm here to tell you the answer is emphatically YES. I have lived my entire life with the premise that balance is a must. This may mean that things don't happen as soon you would like but they will still happen. There are many analogies you can point to that clearly articulates what the lack of balance does to someone both physically and mentally, none of which are what someone is looking for. I've watched as people climb the career ladder, they are going 100 miles an hour and everyone else is envious of what they are achieving. What is not seen in most cases is the devastation that is happening in their personal lives. They are forsaking their spouse, children, health, spiritual being and never take time to reenergize. That is not balance and that is definitely not success.

1. **Set goals and actions plans in place for both Personal and Professional growth.** Do not neglect one side for the other.
2. **Set reasonable timetable for achieving success in both your personal and professional life.** Be prepared to adjust those time tables as life happens and you keep your focus on balance.
3. **Establish your boundaries.** Do not let others influence or move those boundaries as they are there for a reason.
4. **Take time to reflect.** Be sure as you are pushing forward that you take time to reflect and ensure that you are truly operating in balance.
5. **Adjust as needed.** As soon as you find you are out of balance, even the slightest, stop and adjust to bring yourself back into balance.