I BALANCE MY PERSONAL AND PROFESSIONAL LIFE.

I am a firm believer that the healthiest lifestyle is one that is balanced. Imbalance can create untenable situations in my life and cause things to break down, while balance helps me to achieve peace of mind.

I place significant importance on both my personal and professional life. **Both aspects of my life play a great part in making me who I am.** I recognize that there is a time and place for everything, and I strive to listen to my gut instincts when they tell me it is time to shift focus.

I love my job and what it allows me to achieve. I spend much time dedicated to excelling in my craft, and feel rewarded when my hard work pays off. *I know how to take that success in stride and also when to take a break from work and focus on my personal life.*

My personal life helps to balance the efforts, dedication and hard work in my professional life. Spending time on non-work activities makes dealing with work stress a lot easier. ***Plus, the important people in my personal life appreciate my efforts to spend time with them.***

Today, I commit to focusing on finding that fine balance between my personal and professional pursuits. I feel happier when I allow elements of both sides of my life to take priority at the opportune time.

SELF-REFLECTION QUESTIONS:

1. Do I work equally as hard on my personal life as I do on my professional life?

2. Can situations around me teach me how to balance personal and professional concerns?

3. How do I react when people tell me that I am not giving enough in one aspect of my life?