

Work-Life Balance

Tips for Creating Harmony

Achieving balance with work and family is an ongoing process of juggling responsibilities at work and the needs of family members. These needs change over time. The key to success is to periodically assess the situation and make improvements when appropriate.



A Conscious Decision

Work and family don't balance automatically. Achieving balance is an ongoing process. Understanding this can reduce frustration and help you act to gain control.

Write Down Family Goals

Family needs change over time. Opportunities to build a tree house for the kids or participate in a new family pastime don't last forever. Decide what is important and write it down. Assign a date by which to complete your goals and make them a priority.

Stick to Your Values

Sometimes it can be tough to make a choice between a family and a work activity. Knowing your values can make tough choices easier.

Imbalance is Sometimes Inevitable

It is important to recognize that jobs and responsibilities are important and that they sometimes take priority.

Revisit Your Schedule

When your work schedule changes, new opportunities may become available to participate in family activities. Assess your responsibilities and act accordingly.

Manage Distractions

Working long hours causes stress that sometimes finds relief naturally through workplace distractions and procrastination. If you are at the office for 12 hours, do you really work only 10? If you are searching for more family time, it might be found here.

Discuss Responsibilities

When one family member is taking on too many responsibilities at home, resentments can build. Periodically discussing the perceptions of others can provide the awareness you need to consider opportunities and choices for work and family compatibility.

Organize Your Work Tasks

Improving your time management skills can buy you time needed for family life. Learning how to delegate, say "no," and let go of workplace worries are skills that are learned through practice.

The Benefits of Balance

Harmonizing work and home life benefits family members, coworkers, and you. Recognizing this can help you keep balance in mind.

What Blomquist Hale Can Do

We can help you evaluate your work-life balance and offer suggestions about how to improve. Call us today to set up an appointment.

blomquisthale.com

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