

When Work-Life Balance Is a Circus, Be the Ringmaster

Just like that, life became a juggling act on a burning tightrope over an alligator pit in a space with poor lighting! We manage work, school, home, and social life, all in one seemingly shrinking space. Work hours are here, there, everywhere—and so are the kids! How can we master this work-life balancing act?

- **Prioritize.** Work-life balance doesn't mean equal hours in all things; it means allocating enough time and attention to meet your needs. Set goals to complete the most critical tasks for your personal and professional well-being. Forgive yourself if you don't finish your daily to-do list—it's a win to know what day of the week it is!
- **Say no when you need to.** Set boundaries. Is it worth working extra hours if you'll miss your child's bedtime story? If it isn't, learn to graciously decline the requests that don't support your goals or overall health.
- **Pursue your passion.** Whether it's piano, pickleball, or playtime with your kids, plan it into your weekly schedule. You'll feel refreshed and able to tackle work with renewed energy.
- **The company balance challenge.** Your work-life balance won't get far if your company doesn't know what you need to be your best. Talk to your manager. Being a strong performer is an important baseline, and if you are reasonable in your ask, you may find a perfect schedule.

Balance in the craziest of times? **YES!** But be intentional with time and use it where it matters most. Life won't be a circus forever! But you may want to practice the tightrope act and bring some food for the alligators just in case.