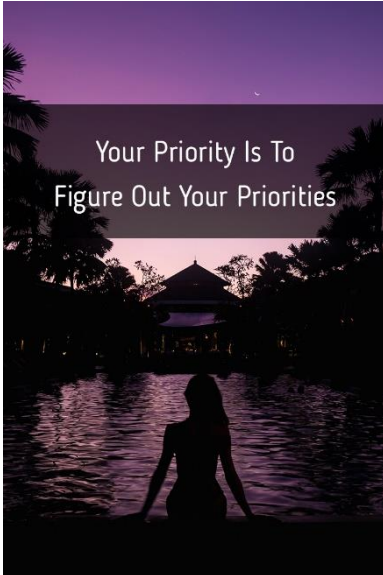


## 4 EXCUSES WHICH KEEP US OFF BALANCE



Is anyone's life ever truly in balance? After all, life is hard. Most people spend more time on work and less on things like "me time." This is normal if you want to make a living today. Besides, how much value is there to carving out a little 'me time' now and again? Me time is great, but it doesn't matter in the long run. *Right?*

If any of this sounds familiar, then you already know these statements for what they are: excuses.

The problem with excuses is that they make your direction seem intentional when it's not. It's like trying to hang onto the leash of a big dog that has started chasing after a cat. You might think you're in control, but you're simply going along for the ride.

What are the excuses most commonly used when off balance?

### **I Don't Know What Balance Really Looks Like**

Sadly, most people don't. If your life hasn't been balanced for a while, it's easy to forget what it feels like to have it all together. If this sounds familiar, it might be time to sit down and figure out what balance would mean to you by asking some hard questions about what's important in your life right now.

## 4 EXCUSES WHICH KEEP US OFF BALANCE

### **I Don't Have Time to Find Balance**

Rebalancing can feel time-consuming, so this makes sense on some level. At the same time, it's amazing how making a few small changes in your day can really help get your life balanced all over again. Also, a schedule can help you to sort out how you use your day.

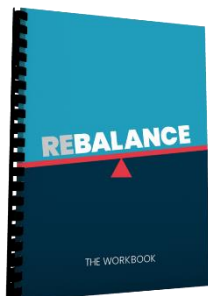
### **I Tried to Find Balance Already and Failed**

Rebalancing your life takes a lot of intentionality and commitment. Don't be too quick to give up if you don't get this immediately. Be kind to yourself when you slip up, and give it another go. No effort is ever wasted.

### **I Can't Find Balance When Work Is this Demanding**

We all go through periods where we get super busy in some area of our lives. This is normal. But when the crisis is past, it's important to not let this skewed relationship with how you manage your time become the new normal. What's something you can do today to reassert some of those things you've been putting aside for a while?

*Don't let excuses keep you from finding the balance you need. Remember, true control happens when you decide how you spend your life, ensuring you address every area important to you.*



For more resources on this topic, visit [212-Careers](https://www.212-careers.com).

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