



Work-Life Balance

Our lives are spent in myriad personal and professional pursuits. While the balance between these two spheres will shift throughout the course of your life, it's all too easy to let one dominate at the expense of the other. For example, you might find yourself exclusively focusing on your career goals to the point where desires like a romantic relationship and having a family start to feel impossible. On the other hand, you could feel domestically trapped, stuck at home with kids and barely making ends meet due to your restrictions.

While it's empowering to adopt the belief that modern women can "do it all", the truth is that you can't do it all at once, and you may not be able to do it alone. That said, it is still possible to work toward both personal and professional goals simultaneously when you plan accordingly and maintain a reasonable work-life balance.

Balancing the Home Act

All too often, careers can get in the way of personal goals even if you have no interest in romantic pursuits at this time. Maybe, you just enjoy the single life of friends, hobbies, and travel, but you don't have time for anything but work.

What are you missing out on in your personal life because you prioritize work too much? What effects does this imbalance have on your physical, mental, and emotional health? What can you do to improve your balance for greater personal fulfillment?

List three examples of personal pursuits that are falling by the wayside due to a demanding work schedule, and consider the impact these losses are having on your life and your overall satisfaction.

Personal Sacrifices	Impact on Your Health and Well-Being	How Can You Make Space for Personal Pursuits?
1.		
2.		
3.		