



Balancing the Job and Career Act

No matter how fulfilling it may be to enjoy a thriving personal life, it inevitably takes its toll on your career. When you have children, for example, you may need to postpone education, leave the job market, or reduce your hours. You may attempt to continue working and/or attend school while you start a family, but this can prove even more stressful. Juggling professional goals with a partner, children, and the many demands of domestic life is an unfortunate reality for many women.

The truth is, women take on a lot. Despite overcoming a long history of unbalanced gender roles, many women still solely carry the burden of childcare and managing a household, even if both partners work full-time.

What can you do to share the duties of home life so that you have space to continue working toward professional goals? Let's review your goals and how you can create a work-life balance to reach them.

Professional Goal	Steps to Achieve Your Goal	Ways to Reduce Personal Obligations and Create Space for Professional Pursuits
1. Complete a certification, degree, or other educational objective.		
2. Move from part-time to full-time work.		
3. Advance within your company.		
4. Get your dream job.		
5. Start your own business.		
6. Other:		