



Disclaimer: These are rough notes we use to prep for the show. Please excuse typos, etc.

Simple Life Together Episode 72: How Do You Define Work - Life Balance?

Hi and welcome back to Simple Life Together

A podcast dedicated to leading a simpler life in the modern world

I'm Dan Hayes.

And I'm Vanessa Hayes.

Well, welcome back to the show! On the last episode we talked about The Power of Habit (we hit on keystone habits too and how one of Dan's keystone habits has led to his amazing personal health and fitness journey). Well, on today's show, we're talking about what many call "work - life balance." ***And we also have a special announcement coming up, so be sure to stick around for the Announcements segment.***

...you don't want to miss this one.

Topic:

I was getting ready to throw away a magazine (because of course..I practice the one in one out rule) and the headline on the cover was: The Balanced Life! And I paused for a moment and thought....do I have balance? What does that really mean? Can we really achieve a balanced life? And so we thought we'd explore that a little more....

What is balance? We talk about it all the time...in magazines, on television, productivity experts, life coaches, etc....

- work life balance...buzz words
- balanced diet
- balanced budget

But what does balance really mean in your life? We think it's different for everyone and there's no one prescribed balanced lifestyle that works for everyone.

For us, its....

- right size home

- right time at work
- more experiences vs things
- freedom from stuff...in exchange for more free time to do what we love
- healthier living
- healthy relationship
- working on a team...at work and/or in the community
- means living a fulfilling life...that will include ups and downs but overall full of happiness, joy, etc.

Bottom line...

- we don't think it's means being on permanent vacation
- It's not about striving to eliminate all challenges in our life...that's part of life! Sure, balance is easier when you don't have challenges... (Nic Wallenda tightrope analogy). But that's not real life!
- it's not about eliminating everything...just all the junk (we're not minimalist but its ok if its for YOU)
- don't want

What gets in our way?

- an overemphasis on work related tasks when it interferes in other areas of our lives
- over obligations
- overspending...

- Consumerism always makes you feel like you're missing something, and if you have this item, take this pill, look this way, then your life will be complete
- overindulging
 - food
 - fun
 - technology

Technology deserves a deeper look

- What's the problem with technology
 - it's invading every realm of our personal space...even the most intimate of spaces:
 - the toilet
 - the shower
 - the bedroom
 - family meals
 - It affects our attention and focus
 - It affects our ability to communicate and deal with confrontation
 - It's superficial
 - It affects our ability to be present-pause- be in the moment, be alone in your thoughts to contemplate
 - Ironically most folks say they want to give it up but never do

How we strive to create balance

- spend within our means
- focus on our goals
- simplify
- edit (edit and forget it)
- create boundaries (don't over-obligate ourselves/family)
- set specific goals (refer to resolutions podcast)

Maintain balance (***both Dan and Van talk this part...***)

- review our goals
- reward ourselves when we achieve our goals or reach milestones
- avoid triggers and bad situations (relationships, food, shopping malls, etc)
- establish "no-tech" days or digital fasts...I deleted the FB app from my iPhone about 2 weeks ago...and I'm better off for it, for sure.
- schedule in family/fun time
- take time for ourselves
- focus on the present and don't dwell on the past
- keep moving
- check things off your to-do lists....even if it means removing a to-do item all together
- learn to value experiences over things

So...in the end, like most things, we define work-life balance on our own. It's not 50/50...it's not 80/20...let's face it, like Abe Lincoln said on his Facebook page, "93% of all statistics are just made up." You determine the balance that is right for you, You make a plan to achieve that balance, and hopefully, building on the habits we talked about last week, You develop the keystone habits routines, and rituals that bring about the balance that's right for you.

Question:

So what does a balanced life look like to you? How do you find or work towards that balance in your life? We'd love to know. Please let us know and share in the comments at SimpleLifeTogether.com.

Announcements:

SimpleRev Tickets: So Dan, on the last show you told us about the changes to the SimpleREV event coming up on Oct 3-4 in Minneapolis...how every ticket is a VIP ticket, it's a much smaller intimate group, etc. What's going on with that...anything new?

Yes, there are only a handful of tickets left so if you've

been kicking around the possibility of going, you better act quickly. You know I do a podcast with Joel Zaslofsky call All Things Simple Rev and in the last episode we talked about the changes quite a bit and we're stoked! So is our friend and keynote speaker for the event, Joshua Becker from Becoming Minimalist, and all the other speakers as well. Of course you can listen to the latest episode at SimpleREV.com/008. Check it out...

The BIG Announcement:

OK...so here goes...the next episode of Simple Life Together will be our last regularly scheduled episode of the show. Of course, we'll talk a lot more about that on that episode, but we wanted to give you not only a "heads up", but also a chance to write in via email, the FB page, and the Edit & Forget It group on FB and ask us any questions you think should be answered on that final show, and we'll do our best to answer them candidly.

So, yeah, we'll be hitting on that in the final show. Of course we'll do a little reflection on our Simple Life Together journey, and then say our farewells. Alright...enough of that for now...let's move on to some iTunes reviews.

iTunes Reviews:

Annareview123 (Sweden)

Great show!

Molly DeMond (United States of America)

Universal Appeal! Hi Dan and Vanessa! I'm a newlywed in her 30s. No kids yet. Just a note that this podcast has universal appeal. All ages, all stages in life. Like you say in the podcast, you don't need to wait for retirement to downsize. I love the dynamic between the two of you as a married couple, supporting each other and the real, raw emotions you share. I continue to edit my life based on this podcast and I haven't looked back. Thanks and keep up the awesome content!

PhilipHMA (United States of America)

Simply Amazing! What an awesome podcast. You two work so beautifully together. Simple tips that are easy to put to use with a massive amount of humor thrown in. It shows that you not only know what you are talking about but you live it as well. Keep up the amazing job!!

cwp102c (United States of America)

Great Podcast! I just discovered this podcast, and love the content. I've downloaded all of them from the

beginning, and making my way through. I listen to them on my long car ride home from work, and really like that you can go online later to look at the show notes, and find links to everything they talked about.

Thank you all so much for thinking of us and taking the time to leave a review.

CONTACT INFO: Remember...if you have questions or comments you can find all our contact info at SimpleLifeTogether.com/vanessa or SimpleLifeTogether.com/dan.

Wrap Up:

OK, so that's it for Episode 72 of Simple Life Together. If you've been searching for balance in your life maybe it's time to pause and reflect on what a balanced life looks like for you. There may be only one way to balance on a tightrope, but there are tons more options to find balance in your life.

As usual, you can find all the links and info from today's show at SimpleLifeTogether.com/072.

So let us know what you think of the show and how you're simplifying your life, too! As always, we'd absolutely love to hear from you. And especially over the next week or so...let us know what questions we should answer on the next...and final...regularly scheduled episode of Simple Life Together.

So, until next time, we hope you enjoy your...

SIMPLE LIFE TOGETHER

Resources and Links:

Supermom vs Super Mom

SimpleRev Tickets