



## The Myth of a Balanced Life

From the 1980s through today, in what must be one of the longest running cons, talking heads have been parroting the virtues of a balanced life. “Find something you love, and you’ll never work a day in your life” is their favorite line. They sell this to the gullible as its exactly what so many want to hear. What hogwash. How can I say this with 100% conviction?

Purpose, meaning, significance, achieving excellence. **These** are key attributes of a successful life. Achieving mastery in one’s chosen career, to cite just a single example, will require one to live life out of balance for a time. And crossing over that balance beam again and again as life’s priorities are addressed. Consider some of your greatest life achievements. Did they occur as part of the normal output, or did they require at least a temporary burst of time and/or mental attention? Without having such pillars, yes, one may achieve a “balanced life”. But be forewarned with the knowledge of self-loathing and misery, leading up to a sad epitaph. Extraordinary results require focused attention. And as Robert Greene in his book *Mastery* makes so clear, results take time. (This book is a worthy read if for no other reason that it teaches one that all so often, one cannot discover what one loves until a price has been paid, which includes by his definition, about 2,000 hours.)

Here's another perspective: to believe one can achieve a “balanced life” would require them to have the arrogance, supremacy of intellect or a silver spoon to overcome mankind’s history. Meaning? From the days of being hunter/gatherers to the industrial age, through today, barring government handouts, one had to work what many consider an inordinate amount of time to provide for a family.

To break the ice with newcomers to my team, in a document they received titled *Mutual Expectations*, they received this pearl to open the topic for dialogue later as needed: “While I may challenge the “work/life” balance mantra as being unrealistic, your well-being will always be recognized as paramount.”

So, for those you wish to benefit on this topic, encourage them to let themselves dive deep into mastery of a life pillar. Urge them to strive to achieve some celebratory notes of their lifetime.

© 2023 Paradigm Consulting LLC. All Rights Reserved.

