

LifeFOCUS

Discover the Power of Perspective

By Dr. David H. McKinley

JUGGLING YOUR SCHEDULE

Learn some lessons for when bad days happen:

"The best laid plans o' mice and men often go astray." —Robert Burns

"A man is not defeated by his opponents, but by himself." —Jan Christiaan Smuts

"The things which hurt, instruct."
—Benjamin Franklin

"Two people can accomplish more than twice as much as one; they get a better return for their labor. If one person falls, the other can reach out and help. But people who are alone when they fall are in real trouble." Ecclesiastes 4:9-10

It is easy for life to get out of sync. Where does your time go? U.S. News and World Report found the following:

People spend . . .

6 years eating
5 years waiting in line
4 years doing housework
2 years unsuccessfully returning phone calls
1 year looking for misplaced objects
8 months opening junk mail
6 months sitting at stop lights

How can we balance life's demands?

Define It!

"Balance is the ability to continually recognize and juggle a variety of assignments and opportunities in your daily life." Addington & Graves, *Life@Work*

Life is a juggling act: job, family, community, church, self. All are equal in demand, but not importance.

Develop It!

How do you develop life balance?

► Recognize your capacity is limited.

"An intelligent person aims at wise actions, but a fool starts off in many directions."
Proverbs 17:24 (GNT)

"It is stupid to waste time on useless projects."
Proverbs 12:11 (GNT)

"Teach us to number our days and recognize how few they are; help us to spend them as we should." Psalm 90:12 (TBL)

► Reconcile your opportunities with your assignments.

"I have come to realize that the urgent things in life are seldom important and the important things are seldom urgent."
—Dwight Eisenhower

► Relax your grip.

"Anxiety in a man's heart weighs it down."
Proverbs 12:25

"A merry heart does good like a medicine."
Proverbs 17:22

"A relaxed attitude lengthens life."
Proverbs 14:30

► Resolve to live without regrets.

"Do you love life? Then do not squander time, for it is the stuff life is made of."
—Benjamin Franklin