

25 WISHES: REFLECTIONS ON LIFE*

*Many of which apply to Business, Entrepreneurism and the For Impact World.

WISH #1: SEEK BALANCE

THE WISH: SEEK BALANCE. Make a life, not a living.

We're all **terminally ill**. We have a **choice** every day around the most important **priorities** in our **life**.

There is incredible pressure today to "**make money**", to "**work long hours**", to "**focus on your career**". The underlying assumption is that there will always be time **later** for your life, for your family, or your children, or your passion, or your dreams.

BULLHONKY.

I recently heard one of the best business professors I know, along with one of the most successful 'business leaders' in the country, both state to a class of MBA's, "*It is pretty much impossible to balance your business and career with your family.*"

I so violently disagree with that philosophy, that it's difficult to capture on paper.

I've been around a ton of workaholics and 'busy' people. They're all going to die. When you talk to old people like me, they will remind you that your children will never be this age again. Your parents will eventually be gone. Your brothers and sisters will be spread around the country. (And, if they're really honest, they'll tell you that the whole **quality time** vs. **actual time** is just a cop out.)

Master motivator Zig Ziglar says it this way, "*True success requires BALANCE. Success is only real if it encompasses physical, mental, spiritual, relationships, career and finances.*"

For me, BALANCE is around six *LIFE ROCKS*: FAMILY. WORK. WEALTH. HEALTH. SPIRIT. PERSONAL GROWTH.

I want to acknowledge that this whole 'BALANCE' thing is difficult. In fact, on many occasions, I've thought that life ought to be lived in **reverse**. Spend our prime years with our children and family... then work on our 'career' or 'calling' after they are gone and independent. (But, the more I thought about this, it would screw up the whole time with the grandkids!)

It's your life. It's your choice. Reasonable BALANCE among your priorities... or totally out-of-whack concentration in one particular area?

Notes for the Old Guy: Although I WISH I had spent more time with my family, I've tried really hard to BALANCE the whole '**life/work**' thing. I've been involved with 19 businesses and have worked with thousands of organizations; and yet I still took an

entire summer off with the kids, I rarely missed a game or a birthday, I practically moved to San Diego when my daughters Kerry and Meghan were in school (much to their chagrin and regret); and I've built a 50-acre farm devoted primarily to the grandkids (although the rest of the family is certainly welcome) as a way to be able to spend a lot more time with people I love.

I've also been the Boxing Coach at Notre Dame for 35 years. For the last 25 years, I've taken six weeks 'off' each year to 'vacation' in South Bend, Indiana in the dead of winter (January and February). That's a four hour and 12 minute 'commute' from Columbus to South Bend. I've spent those six weeks with 200+ incredible young men who live the mantra "**Strong bodies fight so that weak bodies may be nourished**". I go to practice every day from 3:30 to 7:00. I try to read, write and do some thinking during the day.

It just seems weird to me when people say they can't make time for things that are important to them.

I took three weeks off for a birthday **sabbatical** when I turned 50. One week solo. One week with my sibs (three brothers and a sister). And one week with my family. (This time off was about celebrating your birthday and your birthdate, as well as a gentle reminder that we all need **solo time** as part of our BALANCE.)

Special Note: As any athlete knows, the concept of **(PHYSICAL) BALANCE** is critical. In boxing or yoga or almost any sport... **BALANCE** comes from **CORE STRENGTH**. Think about that. Your **LIFE BALANCE** should be built around your **CORE** (your **PURPOSE**, your **PASSION** and your **PRINCIPLES**)...

And built around your **STRENGTH** (your **CHARACTER**, **COMMITMENT** and **COMPASSION**).

Again, **SEEK BALANCE!!!**