

## SEEK BALANCE

The idea that you **can't** have BALANCE' is an absolute **crock!**

When somebody says, "*Get a life*", that's what they mean.

It's **your life**. If given the choice of balancing your WORK, business, career... with your **LIFE**... always choose **LIFE**.

We're all **terminally ill**. I've been around a lot of workaholics and busy, 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,

*"True success requires BALANCE. Success is only real if it encompasses physical, mental, spiritual relationships, career and finances."*

\*I actually heard one of the best business professors I know and one of the most successful people in the country both state to a class of MBA's that it is "*pretty much impossible to balance your business and career with your family*". I so violently disagree that it is difficult to capture on paper.

### Make a LIFE. Not a LIVING.

**Note:** I WISH I had spent more time with my family. I've been involved with 19 businesses and have worked with starting 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 now got a 50-acre farm devoted primarily to the grandkids (although the rest of the family is certainly welcome).

I've also been the Boxing Coach at Notre Dame for 35 years. For the last 23 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.

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

**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**.