

I think the main issue with trying to have a work-life balance is not having a goal in life. Also, having self-discipline to commit to what you wanted to do or achieve. Through 5 years of balancing, I believe the right way to have a work-life balance is through the following. first, start by writing down what you want to achieve in your life, personally, I didn't read much, so I knew reading had to be on my to do list. So, write down what you want to do, color code your tasks, reading is green, working is red, going to the gym is yellow and eating is black so you would visually see if you're dividing your time equally between your tasks. Next to your tasks decide the time required for you to perform these tasks. Moreover, work can't be more than 40 hours per week. Restrict yourself to a timeline you have planned. If you always lose track of time, set a thousand alarms if you need to do so, I set one every 45 minutes to drink as much water as I can. Secondly, find any partner, whether it's your wife, your husband or even your dog to do any activity with. Promise your partner that you would do this activity, if you miss it, you have to do something you don't enjoy. If you are a workaholic, you would work for less time and force yourself to go to the gym for example. Thirdly, where do you want to see yourself at the end of each week. This "where" could be a place, a park for a good hike, it could be on the weighing scale, losing the amount of weight you wanted to get rid of and it could be at your parents house whom you want to spend hours and hours talking to them. At the end of each week, keep tuning your plan to reach your optimal performance in all your tasks. These simple 3 steps, will ultimately build something unconsciously. It will build DESIRE in you, desire to have something to live for, desire to take care of yourself, desire to spend time with your loved ones, desire to see the world, desire to smell fresh air, desire to be successful at work, desire to have great time-management skills and hopefully be a great work-life balancer.