

# Are you hustling — or just hassling?



Is your daily routine a series of must-dos and deadlines? Are you constantly on the run between work and personal commitments? You may wonder, “Whatever happened to ‘worklife balance?’”

Worklife balance is a tricky concept. For one thing, it suggests there’s such a thing as a perfect balance. Also, it suggests you “should” be able to find that balance if you try hard enough. Neither is true.

## Ideal balance is unique to everyone

What feels like hustle for one person can feel like hassle for another. Everyone’s idea of balance is different. Your own ideal can even vary from week to week. So how do you strive for worklife stability these days?

## Try for effectiveness, not balance

It may be better to think of your goal as worklife effectiveness rather than balance. In other words: How much work and how much personal time do you need to feel happy and achieve what you want? Here are some tips:

- **Make a formula.** Work and personal life rarely divide evenly into 50-50 time slots. So try to think of what formula or time allotments you prefer for work/family/personal life in order to feel more satisfied and less stressed.

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- **Have a definition of success.** How will you know when you’ve achieved worklife effectiveness? What will your life feel like when you “get there”? It might help to look back over each week. Write down accomplishments that made the week feel satisfying and obstacles that made it feel stressful.
- **Keep a sense of control.** Feeling out of control is one of the basic reasons for unhappiness. If you’re working too much, can you delegate more of your work? Can you flex your hours? Can you speak to your manager for help on this issue? Can you think of other actions you might take to get your life back under control?

Keep these tips in mind as you work on your version of worklife balance. As you make strides in managing job and personal obligations, you’ll feel happier and less pressured.