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## Work / Life Balance

It used to be easy to actually separate work and life from each other. After you finished work you would start your personal time. Now, I really don't know how to differentiate the two of them. I find myself at soccer games with my Blackberry in hand, and when my daughter isn't playing then my Blackberry is in my face or my thumbs are busy working the keypad.

I hear a lot of people saying that technology has changed our lives, and that technology has increased the blur between work and personal time. I don't think that is true. I think that the pace of business, and of life in general, has dramatically increased.

Do you remember back many years ago when you didn't have back-to-back meetings all day long? What did we do with our time back then?

As a manager, I remember spending more time walking around and talking with employees or peers.

Is the blurring between work and personal time bad? I think it depends on what each person needs. For those that find they don't handle this blurring very well then they should **set clear boundaries** for themselves so that they get the personal time that they need. I found an article outlining strategies towards getting your [priorities straight on WebMD](#), and I found a website that has some interesting classes [www.worklifebalance.com](http://www.worklifebalance.com).

For a variety of reasons, some people can better handle the blurring of work and personal time. For me, I have gravitated towards doing things in conditions where work can't find me. I didn't really do this on purpose, but I think one of the reason I like to cycle, run, fly-fish, backpack and camp is that generally the Blackberry doesn't work in those environments, at least not yet.

**What are some of the tricks you use to create work/life balance?**