



## Stanford eCorner

### Managing a Balanced Life

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Video URL: <http://ecorner.stanford.edu/videos/12/Managing-a-Balanced-Life>

Bartz examines long-term balance and encourages people to catch themselves before they fall too far. Learn how to manage the various activities you are involved in, she says. Juggling is pertinent to career development.



#### Transcript

Adamantly opposed to a balanced life because that's factor perfection. I already told you, there is none. Right? None of you are perfect. So, therefore, you can't possible stay in this state. That's not possible. There's always going to be something that happens. You got to work at big project at work. Your kid's sick. You got it on with your parents. I don't know what it is but, something's going to happen.

What I'm saying is learn, first of all, to consider balance over a longer period of time. And secondly, just catch it before it hits the floor. That's all you really have to do. If you haven't been home for a while, go home. And don't think about work when you're there. If you didn't study for one subject, get on it. Learn how to manage this. Don't get yourself in such a 'tizzy'. That everyday you're trying to figure out, "Oh, I should have done this I should have done that." "I should have done this." "I should have a clean house." I've got volunteer work to do." That's non-sense. So, along with this concept, just make sure that you're considering things in a longer perspective.

And learning is part of it. So, some of us learning at work. Some of us just learning around you. But keep yourself interested.