



Dear Friend,

## Just This Side of Crazy

Sometimes it's much easier to give advice than it is to follow your own.

That statement must be true because I heard your loud "Ain't that the truth!" across the miles.

Well, I will admit that this month's **EA Insights** represents that sentiment for me. It's one of those physician heal thyself moments that makes you hang your head.

What am I talking about?

This summer. It was jam-packed. I will spare you the gory details. All I will say is that the person who told me that summer's supposed to be slow, carefree, quiet...FIBBED BIG TIME! In fact, for me, this summer left me just this side of crazy!

Now, if you ask my husband, he will tell you that I brought some of this on myself. (And, don't tell him I said so, but he's probably right.) No matter how I got there, though, the point is that I got there. Beyond busy, beyond comfortably effective, beyond tired...beyond.

What was that advice I gave that client last week?

So, join me for this month's **EA Insights** as we talk about balance. Clearly, this issue hits home. It is as much of a reinforcement for me as I hope it will be for you.

Please read on. I don't need both of us to be just this side of crazy!

All the best,

*June*

June Melvin Mickens  
Executive Advantage, LLC

## 3 Cheers for Balance!

**June Melvin Mickens**  
**Executive Advantage, LLC**

When you hear or read the word "balance", what comes to mind?

Do you think peace?  
Enough time or room for everything?  
Perfect order?  
Something that's impossible?

I get it. That word conjures up a range of thoughts and emotions. Much like the name "Mufassa" brought shivers to the hyenas in "The Lion King", the word



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## "Quotes"

*"I think recharging is important, absolutely. Every now and then, you need maybe a couple of weeks to just chill out and let your emotions balance themselves out a little bit."*  
~Malin Akerman

*"Letting go helps us to live in a more peaceful state of mind and helps restore our balance. It allows others to be responsible for themselves and for us to take our hands off situations that do not belong to us. This frees us from unnecessary stress."*  
~Melody Beattie

*"When you have balance in your life, work becomes an entirely different experience. There is a passion that moves you to a whole new level of fulfillment and gratitude, and that's when you can do your best... for yourself and for others."*  
~Cara Delevingne

*"The hardest thing to find in life is balance -- especially, the more success you have, the more you look to the other side of the gate."*  
~Celine Dion

*"The best and safest thing is to keep a balance in your life,*

"balance" also often elicits a visceral response. Try it. Say "balance". My guess is that when you do, you'll find yourself letting out a deep sigh of satisfaction for balance achieved, a deep sigh of longing for balance desired, or a deep sigh of frustration for balance thwarted.

So, if balance is what you're after, whether that's keeping it or reaching it, I've got some tips for you. (*In fact, I'm striving daily to practice what I'm preaching here!*)

**Tip #1: Reconnect with your personal mission.**

No, organizations should not be the only ones with a mission. Every single person should have an underlying purpose, a reason for being.

One of the reasons we get out of balance is that we lose sight of mission. We experience in our daily lives something equivalent to paddling around in the ocean. Ever go swimming in the ocean? You play and swim without a care, only to look up and find yourself a good distance away from your home base -- that spot on the beach where your umbrella's lodged in the sand and your towel lies awaiting your return. In all your fun, you lost sight of the spot that was supposed to be your anchor.

What I just described doesn't just happen at the beach. We're actually no different in our daily lives. We start doing a little bit of this, a little bit of that. Good stuff, perhaps, but off-mission stuff. And, then we awaken one day to find that we're far afield from the beach umbrella -- that thing that was supposed to be driving us...our mission. So, a first step to achieving balance is keeping an eye on mission.

**Tip #2: Get ruthless...with time, that is.**

Once you have your mission in your sights, it's time to analyze daily, if not more frequently, what's pulling on your time. That includes those things that support your mission AND the things that don't. That's where ruthlessness comes in.

Now, being ruthless doesn't mean that thine hands shalt never touch another thing that doth not pass the mission test. (*Good luck with that!*) The point is that your mission helps to keep you grounded and it gives you meaning, and purpose, and a deep sense of accomplishment. And, functioning in that way helps to foster balance. So, if your time is being filled by activities and/or people who are drawing you away from what you have identified as central to your life's purpose, is it any wonder why you feel unfulfilled and off kilter?

To move toward balance, it is important to limit the time you will allow for nonmission-related activities. It doesn't mean that they are without worth. It may simply mean that...for you...for now...you will pass on participating, or cut your participation short, so that you can devote greater time and attention to those matters that are more consistent with your core.

**Tip #3: Recognize what feeds the diverse sides of you.**

There's an old saying, "All work and no play makes Johnny a dull boy." This is not simply a line you hear from friends who are trying to coax you to leave work a little early. There's truth to it.

There are many sides to each of us. We have a work side, an intellectual side, a spiritual side, a relational side, and more. So, yes, it is important to be mission-aware and, at times, even to be ruthless in protecting your time so that you can pursue mission-consistent activities. However, it also is essential to feed the many sides of you. Overemphasizing, for an extended period of time, any one piece of the pie that makes you...you...is not good. Balance involves reaching the point of being able to give a healthy dose of attention to each aspect of the person you are.

So, to get balance, or to keep it, reconnect with your mission, guard your time, and don't neglect (within reason) the many sides of you.

Ok, one last time, get ready. Here we go. Three cheers for..."balance"! (*Did I hear you sigh?*)

If working on a life with greater balance is important to you, don't try to go it alone. Call [Executive Advantage](#). We're here to help you honestly take stock of where you are now and to walk with you as you take those all-important steps toward your future. [Contact us today](#).

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*acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.*  
~Euripides

*"It's all about quality of life and finding a happy balance between work and friends and family."*  
~Philip Green

*"Balance, peace, and joy are the fruit of a successful life. It starts with recognizing your talents and finding ways to serve others by using them."*  
~Thomas Kinkade

*"Happiness is not a matter of intensity but of balance, order, rhythm and harmony."*  
~Thomas Merton

*"It's really important to have balance, spend some time in nature, go to a few parties, enjoy my friends and really chill out."*  
~Joakim Noah

*"Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance."*  
~Brian Tracy