

Struggling with Work/Life Balance?

Many working couples struggle to find the right balance between career and family. If your career is going great, your family time is probably suffering. If things are going great with your family, you're probably spending less time on your career. It's a struggle that causes frustration within a marriage because it's just about impossible to pay equal attention to both career and marriage. But the biggest mistake a couple can make is to sit back and wait for things to work themselves out. When people do this, the marriage usually gets less time and attention than it did before. Even worse, most people don't realize that they aren't paying enough attention to their relationship until their marriage starts falling apart.

Tips on Balancing Marriage and Career

Discuss your priorities to ensure that you're on the same page. Don't assume that because you have similar values regarding career and marriage that you'll have similar priorities. Discuss relationship and career expectations, along with short term and long term goals.

Make a plan for dividing chores and responsibilities

If one of you has a very heavy load at work, the other can assume more responsibilities at home. If you have kids, let them help with some of the chores too. The focus shouldn't be on distributing chores and responsibilities equally, but on making sure you have time for your family and marriage. Freeing up time for the marriage is the focus.

Separate your work and your family

Ideally, work shouldn't intrude on family time and vice versa. Work is meant to support your livelihood. You don't live to work; you work to live. On the other hand, allowing family time to intrude on work time can make you less effective at your job. It may also mean you get less work done and have to bring it home. The easiest way to achieve work-life balance is to have clear boundaries between the two.

Set aside time for your marriage

Many working couples schedule everything under the sun except time for each other. For some reason, they assume they'll spend whatever time is left over and that it'll be enough. Unfortunately, there's rarely any time left over, so they lose out on time together. To avoid this, you must schedule time for your spouse and marriage, and *make it a priority*.

If you're a working couple, make a conscious effort to balance your career and marriage. Don't just sit back and wait for everything to work itself out; it won't.

Take charge of the health of your marriage today.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!