“Work/life balance is at best an elusive ideal and at worst a complete myth, today’s senior executives will tell you. But by making deliberate choices about which opportunities they’ll pursue and which they’ll decline” - Boris Groysberg and Robin Abrahams

“There are multiple routes to success. Some people plan their careers in details; others grab whatever opportunities present itself. It is the same way how people look at life. Everything that we live for is relative to what we deem is best and suits our standards.”

In their article “Manage your Work, Manage your Life”, Groysberg and Abrahams seek to gain greater insights how today’s top leaders make choices in their personal and professional life and to deeply explore what it means for leaders to manage their human capital in the 21st century. It gives specific insights how men and women depict personal and professional success and as spouses and partners it brings complimentary skills and support in all aspects of family and business life.

Success in both life and career is every person’s dream and as respondents of this paper put it, an illusive deal and at worst a complete myth. Knowing how demanding both fields are , it is easier to see people juggling roles from an executive to mother, from a boss to husband or wife, neither succeeding in both or fulfilling one and failing the other.
Balancing life and career is a feat that begins with our own definition with what we think success is. From there on we line up our goals and the ways how to get there. Our choices are guided with our priorities and how we sustain them gaining respect and dignity in all undertakings.

Overtime our mood changes, so as our choices depending on opportunities presenting themselves along the way. We shift from one choice to another depending how life happens to us. No matter how driven and prepared we are, there are circumstances beyond our control forcing us to shift gears and made deliberate choices according to what comes first.

Finally, how we succeed in managing our life and ourselves still solely depend on us alone. At the end each of each choices we make are the nagging solicitations: Are we happy? Do we find meaning in all the hardships, sacrifices and compromises we made? Most importantly, are we in the place and at the moment with the people that we wanted to be?

References:
