

[LIFE IS BEAUTIFUL, LOVE IT]

MONDAY APRIL 3, 2006

**We live as if we will never die and at last we die as we never lived.
Learn how to live it up**

WORK WISE - A fortnightly column by Rahul Kapoor

At a bookstore recently I spotted a book, which had a rather unusual title. I picked up the book out of sheer curiosity, but soon realized that it was a very relevant book in today's context of life, especially in India. The title of the book was Willing Slaves- How the Overwork Culture is Ruling Our Lives.

Suddenly a series of thoughts ran through my mind about how people have forgotten to live. And that's the reason for this article. The intention is to get more people think about the work-life balance and help them enjoy the benefits.

WHAT IS IT?

Work-life balance is about people having a measure of control over when, where and how they work. It is achieved when an individual's right to a fulfilled life inside and outside their paid work is accepted and respected as the norm, to the mutual benefit of the individual, business and society.

Ask yourself, are you leading a balanced life? No? Then where do you spend more time- at home or at work? It will not surprise me if you say work, I guess more and more people are becoming victims of growth.

People are making unhealthy choices in favour of the work place, as they opt to neglect family, friends and leisure activities in the pursuit of corporate goals.

People are aware of what's going on and they can see things slipping down. Parents do not have enough time to spend with their children and they know that it is affecting their relationships with their children. Couples spend less than 30 minutes per day enjoying a social life with each other.

I am yet to come across people who would choose to work fewer hours for less money. Most people say they cannot afford to do it due to reasons like over commitments, maintenance of a certain life style, fulfilling their dreams and aspirations among other justifications.

Let me at this point reiterate that I am not suggesting that you should not work hard. I am not even against those energetic, motivated, enthusiasts who want to achieve unlimited success. On the other hand, I am trying to make a point that in a journey called life, you need to move ahead with good balance. Else you will keep playing the catch up game in vain.

[LIFE IS BEAUTIFUL, LOVE IT]

MONDAY APRIL 3, 2006

WORK WISE - A fortnightly column by Rahul Kapoor

Here are some simple tips which can help you gain control of your life again.

SPEND TIME AT HOME: Leave your office behind you when you enter your home. Switch off your mobile phone from 9 pm to 8 am and do not let anybody disturb you when you are with your family. There can be exceptions of emergency during which you can allow certain people to reach you on your residence phone. Do not discuss your daily work related problems with you spouse. Switch off the television for some time everyday and have a joint family activity like dinner or a discussion or even play a game once in a way.

A HOLIDAY EVERY SIX MONTHS: Mark you calendar right now for any two sets of dates. Do a tentative booking and fix an itinerary with a travel agent. Inform your boss that you have set aside these dates for your family and work around these dates. Ensure that you take that holiday as it will give you a break from routine, refresh you and allow you to spend quality time with your family. Also, it will bring you back to work place with more vigour and fire in your belly.

LEARN TO SAY NO: Saying no can be very difficult for many people. There are many different reasons why people find it so hard. Some people like to please others and some are afraid of an aggressive reaction a 'No' might provoke. Invariably you over-commit yourself and put yourself under tremendous pressure. If you believe that in certain circumstances the best response is a "No" then say it as directly as possible without making excuses.

QUESTIONS FOR YOUSELF: Ask yourself these questions: Where do you want to go on the journey of life/ What do you want to do with the time of your life? Are you where you want to be? Are you happy that you are using you talents and potential to the full? How is the future looking/ what kind of things are you doing now to affect your future journey in a positive way?

There is no point in having energy and feeling motivated, if you don't have focus. Lack of focus makes you frustrated, angry and depressed. So spend time in creating a purpose, which in turn will create motives to guide you.

We lose our health to make money and then lose our money to restore our health. Thinking about the future, we forget our present such that we live neither for the present nor for the future. We live as if we will never die and at last we die as we never lived. Life is precious, live it.