

# Six ways to balance work and family

In today's modern age, it is difficult to live a life that balances your professional responsibilities with your family duties. Although it takes a lot of hard work and dedication, devoting yourself to both sectors of your life equally is not only good for your health but good for business, too.



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Follow these few tips to help you on your way:

1. Decide on your values and how they interact with each other. For example, you might believe it's important to be at work early but also that breakfast with your family should be a priority. Think about how you and your family are willing to compromise on these values, such as having three breakfasts together a week, for example.
2. Keep your work and family life separate by trying to avoid bringing work home with you. Our modern technology allows us to be connected to our professional lives 24 hours a day, but make sure your time at home is with your family.
3. Construct a routine that will allow you to spend time with the different members of your family both together and apart. For example, be the parent to read your youngest child a bedtime story, sit at the table and discuss your eldest child's day with them, and have a bath with your spouse. Remember that spending time with you is what your family wants - it does not have to be special or long, as long as they know you are there with them wholeheartedly.
4. Set aside an evening or entire day for your family a week and schedule it on your calendar. Remember that it is important that you devote this time to your family unfailingly, as they do not deserve to think your work is more important.
5. Take 'me'-time every day to do something you want to do, such as read or have a hot bath.

6. Take shortcuts that will save you time, such as online grocery shopping. Such services are certain to free up some valuable time to spend with your family when your day is already full of work.

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