

**Work****Life**

Work-Life Balance

“Work is a rubber ball. If you drop it, it will bounce back. The other four balls—**family, health, friends, and integrity**—are made of glass. If you drop one of these, it will be irrevocably scuffed, nicked, perhaps even shattered.” —*Gary Keller*

Many times, I receive questions like, “How do I manage between my teaching job, entrepreneurship journey, family, friends, and self?”. Answering to the above question –

I am a [special educator](#) by passion and profession. I love this job, which gives me the utmost happiness and satisfaction. I am an Entrepreneur by necessity. As I wish to bring a change in society, I had to start my own institutions. Managing institutional work is extremely challenging and demands an investment of a significant amount of time. My role in family, daughter, wife, mother of two daughters, and mother-in-law consists of various roles, such as financier, decision maker, nurse, counselor, shock bearer, cook, driver, gardener, cleaner and I think the list can go on. When anyone enters the home, the question is “Where is Amma?” Devoting time for all these becomes challenging.

Next come our friends and relatives – remembering and wishing them their important days, checking on their welfare, having a chat, and going for a coffee rejuvenates our minds. Friends and relatives are an integral part of life. They are always part of the support system for everyone.

Last but not the least is Self. Devoting time for our self-growth, self-healing, connecting to the Almighty, balancing our emotions, etc., helps us to calm our mind. ‘Me Time’ is very important and should be a quality one.

The above tasks may look overwhelming, but it is possible to achieve them all. What I do is plan, prioritize, organize, and execute mindfulness in all my work. What I don’t do is waste time, scrolling down on the mobile, unwanted browsing, and working on unscheduled tasks.

My day starts with connecting to God and [Meditation](#) which allows me to stay focused throughout the day. Four days a week, I work very hard. I take around 28 hours of classes for 100 neurodivergent. The classes need a lot of preparatory work too, which means, I work around 40 hours in 4 days as a special educator and entrepreneur. When I am in a class or at work, it is extremely difficult to distract me. I stay completely focused on the classes I take and on my work. The [entrepreneurship journey](#) is even more challenging. Maintaining 4 companies, financial commitments, the day-to-day challenges, social media marketing, ever on alert mode, and keeping a cool head throughout this role makes this job extremely challenging. My early morning meditation and connection with nature helped me to handle this calmly. Meditation helps us to remain balanced under any work pressure.

Family comes every day. This can never be an optional role. Cooking is my passion and also my stress buster. It gives me immense happiness to cook a healthy feast every day for my family and to see them relish. Being extremely possessive about my kitchen, I seldom allow anyone inside. The time I drive my daughters to college, I act as both a driver and a counselor. That is the best time, I get connected, listen to them, and can guide them in the right direction. When I am with my family, I ensure my phone is with them. This is a way I express that I am giving my complete self to them. Family is the foundation of our life. If the foundation is strong, we can achieve anything and everything. Life is full of ups and downs, a roller coaster ride experiencing many tornados. I have faced many hardships right from my childhood days. If I have stood strong till now, the only reason is my family. I took time to build a strong foundation that is supporting my success in my career life. I ensure I am always available for my children at any point in their time. I also ensure I am always one step ahead of them in terms of social media, trends, or education. When we are ahead of them, we can understand the challenges of such life changes. This will help us to guide the children to use social media or fashion in the right way within our boundaries of ethics and values. Suppressing them too much within the boundaries or allowing them too much away from moral values is always dangerous. Instead, parents must have constructive communication with children to make them understand the pros and cons of any habits or actions. For this, we must always be one step ahead of them. Molding of children starts right from the day they enter the mother's womb. Communication and connection are the keys to achieving this. To have good communication and connection we need to spend quality time with them. Hence there is never a NO for my family. Devoting time to the family gives a sense of satisfaction.

Friends and relatives are the biggest asset a person can have. True friends and loving relatives can do wonders in our lives. Nurturing this asset can never be taken as an option. Encouraging a friend who needs support, sending good wishes on their important dates, a chit-chat keeps us young always. Relatives keep us bonded with the community. Thanks to social media we can be among the groups with friends

and relatives. I always make it a routine to check on my well-wishers periodically. This is my everyday routine after my lunch. I ensure that I don't lose any assets in my life.

Last but not least comes Myself. Self-care is another important factor we need to focus on. Every day I spend at least one hour on self-improvement either by learning new concepts or attending a course. Sometimes it is art-based learning. Learning keeps our minds active and young. I make it a point to complete at least 2 courses a year. Writing books and journals helps me to introspect my knowledge and guides me to a new learning path. Many ask me how I keep my smile throughout the day. The answer is – Meditation. This morning activity keeps me calm despite all the hardships and challenges. To gain more confidence in life, to be active, to fight back the challenges, I do a lot of sports activities like horse-riding, learning biking, doing challenging asanas, and many more. These are normally my weekend activities.

Planning, organizing, and prioritizing our work keeps us on track to accomplishing a work-life balance. This gives us enormous satisfaction. To me, every aspect of life is important – family, friends, relatives, work, self, community service, etc. To achieve all this, I ensure that I am present in the present mindfully. I never try to be at all places. There is nothing called multi-tasking. It is only our ability to switch between tasks. There are only very few people in this world who can actually do multiple tasks at a time. Most of us only switch between tasks which seems to be multi-tasking. When we are not focusing and working with mindfulness, we never get satisfied with our work. When I cook, the connection is only between me and the divine source. There is no distraction. When I take class, my mobiles are totally away. When I am with my children, I never indulge in chatting. If there is discipline in our actions, we can achieve anything. If we are scattered in our thoughts and work, we find accomplishments very challenging.

Life is one; time flies; live to the fullest. Achieve and help others to achieve.

[Happiness is when we accomplish things with others](#), and when we learn to balance all aspects of our lives.

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