Success = Balance

Virginia Dale
Environmental Sciences Division
Oak Ridge National Laboratory

October 2007
Defining success

- To have a successful life, one must first define “success.”
- Balance: family, friends, community, career, and self.
Defining success

- To have a successful life, one must first define “success.”
- Balance: family, friends, community, career, and self.
- Three aspects
  - Having Fun
  - Being Honest
  - Being Organized
Having fun

- Life should be fun.
- Looking forward to going into work every day.
- Being torn between staying late at work and home.
- Not always easy to look for the fun in life.
- “Necessary evils”
Being honest

- Being honest means being dependable.
- Learning when to say “no.”
- Learning to trust our own instincts.
- Acknowledging our own successes and limitations.
- Accepting others as they are.
  - Knowing our personal attributes
  - Dealing with others in a straightforward manner.
Being organized

- Involves planning
- Requires understanding
  - what you do well
  - what you enjoy
  - what you want to achieve
- Recognize what is important and doing the important things first.
- Rely on others when possible.
Closing thoughts

- Avoid the tendency to be a “superwoman” and to become overextended.
- Striving for balance in life involves
  - Having fun
  - Being honest
  - Organizing your life to alleviate the pressure to do it all.