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# THE ENGINEER'S BLUEPRINT FOR A BALANCED LIFE

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As an engineering leader, you know firsthand that achieving work-life balance can be hard. It's not fair that you have to miss the parent/teacher conference, your child's first steps, important family events, or dinner with your partner because your business is running your life. You do not have to choose between the business of your dreams and a life that you love. You can have success in business and in life.

The engineer's blueprint for a balanced life was developed from my experience over the last 20 years as a leader in both the private and public sector building a career, the business of my dreams and a life that I love. I have taken my success in finding balance and have created a step by step blueprint that you can use to find your balance and have success in business and in life.

## FOCUS ON WHAT MATTERS MOST

The first step in achieving a balanced life is focusing on what matters most to you. So, what is it that really matters most to you?

You will likely think of all the "right" ways to answer this question, such as:

- Family
- Health
- Mental Wellbeing
- Faith
- Relationships
- Business Growth
- Personal Growth

The true answer to this question is revealed by taking a quick inventory of your schedule. We make time for the things that really matter most to us.

Do the things you said matter most show up on your calendar?

Who runs your schedule, your business or your life?

When you fail to schedule what matters most to you, you allow other people or things to set your priorities.

**THE FIRST STEP TO ENGINEER YOUR SUCCESS: FOCUS ON WHAT MATTERS MOST TO YOU.**



# VISUALIZE YOUR BALANCED LIFE

During the first step you reviewed your priorities by looking at how you actually spend your time. You have a picture of the life that you are living compared to a picture of the life that you want to live. Seeing where you are is the starting point, now you must define what your balanced life will look like.

What does success in this area look like for you? Maybe it's:

- **More family vacations.**
- **More time to spend fully present with your family and friends.**
- **Increasing output and productivity in your business.**
- **Increasing the profitability of your business.**
- **More time for your personal development.**
- **More "me time".**
- **Planning for the next generation of leadership in your business.**



Successfully living the balanced life that you want will come from a combination of areas in both your professional and personal life. There is no one size fits all definition of work-life balance just like there is no one size fits all definition of success.

*Visualize the business of your dreams and the life that you love!*

Visualization is simply creating a strong mental image of a future event. This is similar to creating a conceptual design model that supplies a clear picture of the intent of a project. Visualization helps you "see" yourself succeed which also helps you believe that you can and will succeed. Practice success by imagining achieving every aspect, personal and professional, of your balanced life.



## SEEING IS BELIEVING

**If you think you can, you are correct.**  
If you think you can't, you are also correct. Seeing yourself succeed in business and in life increases the likelihood that you will.

**THE SECOND STEP TO ENGINEER YOUR SUCCESS: VISUALIZE YOUR BALANCED LIFE.**



## DESIGN A PLAN FOR YOUR BALANCED LIFE

Seeing the mental picture of your success does not automatically mean that you will achieve your balanced life. One potential roadblock to achieving your balanced life is the lack of a plan. The plan should include steps for closing the gaps in your professional and personal life. Anything that affects you professionally will have an impact on your personal life. Likewise, anything that has an impact on your personal life will also impact you professionally.

You may have identified several areas where you want to bridge gaps, but it's important to remember that you do not have to bridge the entire gap for every area of your business or life all at once. Your plan does not have to be complicated or difficult, and it can be as simple as focusing on one area in your business or life.

### DESIGNING YOUR PLAN

- Review the gaps between the life that you have and the life that you dream of.
- Decide what action(s) you will take to help you bridge the gap.
- Determine the habits you need to incorporate in your daily, weekly, and monthly routines that will empower you to bridge those gaps.
- Consider what or who else you need to engage to help support your plan.

**THE THIRD STEP TO ENGINEER YOUR SUCCESS: DESIGN A PLAN FOR YOUR BALANCED LIFE.**

# EXECUTE THE PLAN

## BUILD YOUR BALANCED LIFE.

The last step to engineer your success in business and in life is to execute the plan. Intention and execution are not the same things. Having the intention to do something is great, but intention alone will not help you achieve success. The success you want comes as a direct result of executing the plan. In engineering terms, execution is comparable to construction. The plans come to life during the construction process and without it, they remain ideas on paper. Do not let your plan for success remain on paper. Execute the plan to build the business of your dreams and a life that you love. It is then that you will experience your balanced life.

## THE ENGINEER'S BLUEPRINT FOR A BALANCED LIFE

- 1 Focus on what matters most to you.
- 2 Visualize your balanced life.
- 3 Design a plan for your balanced life.
- 4 Execute the plan and build your balanced life.



Start your blueprint for a balanced life now - schedule a complimentary assessment with James at [BetterYou4U.com](http://BetterYou4U.com).