



**This Is Your Life Podcast**  
Season 5, Episode 5  
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Michael Hyatt

**Stu McLaren:** Welcome to *This Is Your Life* with Michael Hyatt, where our goal is to help you win at work and succeed at life. My name is Stu McLaren, your host for season 5 of the podcast. I'm in the studio with my good friend, Michael Hyatt. How are you doing, buddy?

**Michael Hyatt:** Good, Stu! How about you?

**Stu:** I am doing just great.

**Michael:** Awesome.

**Stu:** This episode is going to be fascinating for a lot of people because we're going to be discussing a subject we all struggle with at some point in our lives.

**Michael:** Yep.

**Stu:** Many times, people never really get a hold of this thing. This mystical thing is balance. First off, I want to start this conversation by asking you, "Is there such a thing as life balance?"

**Michael:** No. I'm just kidding. Yes, there is, but it depends on how you define it. I really had an insight into this recently when I took a mentoring group on a ropes course. Have you ever done one of those?

**Stu:** I have never done a ropes course.

**Michael:** Okay, it's awesome. It sounds a little hokey, and I thought, "This is a little bit cheesy. It's what you always do for team alignment, leadership, and all of that." But it was actually a great experience. Like most great experiences like that, it served as a metaphor for a lot of different things including balance. It wasn't that scary, because most of the time we were on ropes that were like a foot off of the ground.

We were trying to balance on those ropes. There were a few things that were a little scarier, but there was nothing we could have really gotten hurt from. What I really learned was that as we

were going on these ropes in two teams and trying not to fall off (when you fall off, you lose points), balance often felt like imbalance.

In other words, the times when you were really in balance, the times when you had your equilibrium, the times when you were in the least danger of falling off, were times when you were constantly correcting, adjusting, and moving around. It felt like you were off balance, but in fact, you were on balance.

**Stu:** But if you tried to stay perfectly still, there was a high probability you would fall off?

**Michael:** That's right. If you were static, you were going down.

**Stu:** Yep. Interesting. So you kind of took this whole experience as a metaphor for life balance.

**Michael:** Exactly. I think that a lot of times people think life balance means you're in a period or a season of life when you can evenly distribute your time, energy, and focus so you're spending the same amount of time at work as you're spending in your personal life, and that's never going to be possible. I define balance this way. Balance is spending the appropriate amount of time in each of the major categories of life so you're in balance. That looks different in different seasons.

**Stu:** Right. So for you, what I'm hearing is that you're never going to be perfectly balanced, but it's always going to be this back-and-forth flow, if you will.

**Michael:** That's right.

**Stu:** Gotcha. Okay. Fortunately for us, there are a few key truths when it comes to balance in our lives that can really inform our approach to this whole life-work balance. You have *three vital aspects of balance that we need to keep in mind as we look to have that back-and-forth*. Let's get into that. What's the first aspect?

**Michael:** The first one is that *balance is not the same as rest*. Usually when people talk about how they need more balance, what they're really saying is, "I have to get some rest. I'm worn out. I'm tuckered out [as we say in the South], and I just need some rest." Balance is something very different from that. I think that if you're in balance, you're getting an appropriate level of rest, but it's not the same as rest.

I think sometimes that's the question we need to ask when we're talking about balance. That's where I go first. If you're saying, "Man, I'm just out of balance," I might say to you, "Well, tell me about your rest. What are you doing to rejuvenate? What are you doing to recreate? What

are you doing to reflect and get rest? How much are you sleeping every night?" That's not the same as balance. You can still be getting rest and not be balanced, but that's the first place I would go.

**Stu:** So rest in and of itself is like a piece of the whole balance, but it's really not balance in its entirety.

**Michael:** That's right. It's more than that.

**Stu:** When people feel like they're burnt out or out of balance, it could be purely based on the fact that they haven't gotten enough rest.

**Michael:** They haven't gotten enough rest. I think that's one of the first and most important things we have to tend to. In fact, when somebody is burnt out, when somebody is stressed out, when they're overwhelmed or say they can't focus or be productive, that's absolutely the first question I always ask. "Are you getting adequate rest?" If you're not, it'll lead to a lack of productivity. It'll lead to not being focused. It'll lead to all of those other things, so you really have to start with that.

**Stu:** Gotcha. Okay, the first aspect of balance that we need to keep in mind is that balance is not the same as rest. Okay, great. What's the second aspect?

**Michael:** The second one is that *balance is dynamic*. Remember the metaphor of standing on the ropes course. We were constantly jostling around, holding on to each other's shoulders, holding on to the trees, and doing everything we could to keep from falling because it was a dynamic thing. It was constantly changing.

Your boss asks you to work late. One of the kids gets sick. You know, 1,001 things can happen to throw us off balance, but the key is to be able to stand upright, to remain upright, in the midst of those challenges that come at us. It's dynamic and ever-changing, so if you feel like, "Gosh, I just want to get to a place where I can..." Again, it comes back to rest.

"I want to get to a place where it's static." That's not going to happen. The thing you can hope for is that you can make these micro-adjustments and flex with it. For example, I know there have been times when I've been out of balance at work, when I've had to give a lot of attention to work. What I try to do now is build in time for recovery so I have that sort of yin and yang, surge and rest.

If I've done a video shoot like we're doing here for several days in a row, then I have time built in when there's a free day or a couple of free days when I can just rest and recover. To counterbalance that work with an opportunity to rest and recover is important.

**Stu:** Right.

**Michael:** It's that kind of dynamic relationship between the two.

**Stu:** It's interesting... I've found something similar in my work life. When I'm away on a shoot like this and I get back the next day... Even though I may arrive home on a Wednesday, which is typically still part of the workweek, so it's scheduled for work time, I need that time to just kind of recuperate so I don't have to do any heavy lifting.

I still have time for family. Those are my weekends, and that's certainly what happens after 4:00 p.m. Even though it's a workday, technically, when I get back, it's not as intense as it would normally be, or I'm scheduling time just to kind of recuperate.

**Michael:** Well, the cool thing about being an entrepreneur is the fact that you have more flexibility and freedom to design your life. If you need those sort of compensatory days to compensate for that heavy work schedule, you can build those in, right? Nothing says your weekends have to be on the weekend. You can have those rest days in the middle of the week. That's a little trickier if you're working for a company, but it's still possible.

One of the things I used to do when I was in the publishing world... Frankly, it was easier when I had a boss. Before I became the CEO, I would just negotiate. I would go in and say, "Hey, look. I'm going to this trade show. I'm going to be gone for seven days, and I just want to make sure it's okay with you if I take in some days to compensate for that weekend. I'm not using my vacation days."

In those days we had sick leave also. I'd say, "I'm not using my personal days. I'm just saying that because I'm using two of my days (the weekend) for this trade show, I want to take next Thursday and Friday off. Is that okay with you?" Almost always (unless the boss is a total jerk), they're going to get that. If they don't get it, you probably should start the process of looking for another job.

**Stu:** Right. Right. What you're saying here is it's always going to be changing. Another good example is the different seasons of life. I know you talk about that. I'm in a totally different season of life than you are.

**Michael:** Totally.

**Stu:** I have young kids. Your kids are now grown, and they've started families of their own, so we're in two totally different seasons of life.

**Michael:** Yeah. For example, it's easier for me to sleep in if I want to. Now I rarely do that. I just have an internal alarm clock that wakes me up at 5:00 almost every morning, but I can if I want to. This weekend I slept in until... I mean, it's not a big deal, but I slept in until 7:00 in the morning.

**Stu:** Look at you indulging in yourself!

**Michael:** But I had the freedom to do that. When people have small kids like you do, they don't always have that freedom.

**Stu:** Right.

**Michael:** You wake up when the kids wake up, and that's why I said to you previously that sometimes you just need to give one another space. In your case, you can give Amy the opportunity to go off and just get some rest, get back in balance, get some equilibrium back in her life.

**Stu:** Right. Okay, great. What we're talking about here is work-life balance, and Michael is sharing different aspects with us that are going to help us if we keep them in mind as we look to manage that work-life balance. So far, the first two aspects are that balance is not the same as rest and balance is dynamic. We're going to get to the next aspect right after this quick break.

*If you're like most members of my audience, you're committed to winning at work and succeeding in life, but the truth is you struggle with finding enough time to do it all. That's exactly why I wrote my new e-book, *Shave 10 Hours Off Your Workweek: 4 Proven Strategies for Creating More Margin for the Things That Matter Most*. You can't buy *Shave 10 Hours Off Your Workweek*, but you can get it for free by subscribing to my free e-mail newsletter.*

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**Stu:** Welcome back! We are talking about how to finally achieve life-work balance, and we're talking about several aspects we all need to keep in mind. Michael, you outlined the first two so far, which are that balance is not the same as rest and that balance is dynamic. What's the third aspect we need to keep in mind?

**Michael:** The third and most important one is that *balance is intentional*. In other words, like so much of life, it's a caused thing. It's not just going to show up on your doorstep and say, "Here I am! I'm balance! Everything is cool!" You have to cause it, and I think that begins with your intention to create something different.

It really is achievable, but it begins with a plan. I think it begins with clarity around what that will look like for you in this season of life. For you, for example... Let's just take you as a subject. What would it look like for you if you had work-life balance right now?

**Stu:** Well, I would definitely have dedicated time for the family, so for me that would be daddy-daughter dates every week with my little daughter. That would be daddy-and-son dates, if you will, where there's dedicated time when we're just hanging out together. There would be time, definitely, for exercise.

That's individual exercise like running or swimming, but then also like team sports. I love playing team sports. I usually do it once or twice a week. There would be time for my wife and dates with her. I don't mean just like time when we're going to get groceries or doing family stuff, but it's like just time for her and me.

**Michael:** Time to look into one another's eyes and connect.

**Stu:** Yes, just connect and chill. Then I also like work time. I really enjoy work, so I would have time to just focus on the different activities I have in work. I like variety in my work, so it's not just like I'm doing the same thing over and over again. Balance would be intentionally having time for this area of my business, this area of my business, and that area of my business.

**Michael:** Well, I think what you're pointing out is that you have to be able to articulate it. You have to be able to dream and imagine it. A lot of times, that requires suspending disbelief. Here's what I mean by that. A lot of people think they can't have work-life balance. It's just like, "It's out of the question right now," and they don't even want to entertain the thought.

**Michael:** They immediately have reasons why they can't be in balance. I just had this experience at a family reunion recently where somebody was telling me that very thing: why

they couldn't have work-life balance at that season in their life. I made a couple of different runs at it, but I realized there was something else driving this person's comment that was keeping them from getting their work-life balance.

I didn't ever share this. I wasn't able to. They weren't really open to the input, but a lot of times we're out of balance intentionally because it gives us a sense of significance. "I'm so important. I'm in such demand that it requires me to be out of balance." But once you realize that you have agency, that you could create a different outcome if you really wanted to... You know, nobody is holding a gun to your head. You say, "Well, I have a terrible boss."

Well, why are you working there? "Well, I couldn't get another job." Really? I mean, you may not be able to get another job right now, but if it's such an onerous situation that it's affecting your work-life balance and you're not giving attention to things you know you should give attention to (like the things you outlined, like your health and your family), then why wouldn't you set an intention that you're going to get out of that job?

Again, it may not be today. It may not be this week. It may not be this year. But to come up with an exit strategy so you can have a life... Designing your life the way you want is always a possibility, and I just accept that as a fundamental premise. Unless you're a slave or somebody has a gun to your head, you have options. The question is, "Do you have the will?"

**Stu:** Well, one of the things I like that I've learned from you is how you are intentional about creating and designing your life and the way your business operates. I can think of a very specific example I'd love to talk to you about some more. That is how you take your one-month sabbatical.

A lot of people would think, "Golly. Michael is like the luckiest guy on earth to be able to take an entire month off of work and just not be thinking about work or have anything to do with work," but you've been very intentional about that, and I know that even farther down the road, you're planning on taking not just one month off but two months off.

Then I know that one of your plans for even farther down the road is to take a month off like every quarter. So talk to us about that. I think there's intentionality about your regular everyday schedule, and then there's intentionality around your yearly schedule in terms of how you want to have the balance on a yearly scale as well.

**Michael:** Well, again, it begins with suspending disbelief that I can do that and saying, "Okay, what do I really want? Do I really want that time off?" and then getting really clear on why that's important. I have great clarity around my reasons for having that one-month sabbatical.

It gives me an opportunity for an extended period of time to connect with Gail, to really kind of find myself again, to get reoriented to what my calling is, and all of the rest of that.

So I get clear on the *why*. Then I ask myself, “What would have to be true for me to be able to do that? What would have to be true in my personal life? What would have to be true in my business?” It may require changing the way your business operates, or if you’re working for somebody else, it may be that you have to negotiate with your employer.

You have to figure out how to do that. Maybe it’s the reward you get for accomplishing some big goal, and maybe it’s not four weeks, but maybe it’s two or three weeks. All of this can be negotiated, but it has to first be imagined. I was with my doctor the other day, and I was talking to her. I was talking about going on my sabbatical, and she was like, “Oh my gosh. That just sounds incredible. I’d love to do that, but that’s a lot of years off.”

I just took that as an opportunity. I said, “Why do you say it’s a lot of years off?” She said, “Well, I couldn’t possibly do it now.” I said, “You couldn’t possibly do it now? Really?” She said, “Well, I don’t think I could.” She kind of got the drift of where I was going. I said, “Well, let me ask you a question. First of all, you need to do this next year.”

She said, “Really? Do you think I could?” I said, “Absolutely, you could. You’re just one intention away from doing it. If you set this, if you put it on your calendar and said it was going to happen next August, for example, what would have to be true in your practice in order for you to make that happen?”

**Stu:** I love that question. I’ve heard you ask that question many times, and it really opens up your thought process. Can you repeat the question again?

**Michael:** Yeah. “What would have to be true in your practice, your business, or your job in order for that to happen?”

**Stu:** That’s a very important question for people to think about.

**Michael:** Well, she started dreaming a little bit with me. She said, “Well, I guess I would have to make sure that, first of all, I had the income part of that covered. I would have to make sure I had it worked out with my patients ahead of time so they weren’t depending on me for that. If there were an emergency [she’s a solo practitioner], where would my patients go?”

She started thinking creatively. That’s exactly what I wanted her to do. I said, “You absolutely have to make this happen. Make it a priority. You don’t have to wait for years, because if you wait for years it’ll never happen. You have to make this happen next year.”

**Stu:** Yeah. Totally. I want to share a thought process I've had that I would love to get your input on because I know others who may be listening have had a similar thought process. That is a state of almost feeling guilty for taking that time and trying to find that balance, because we do live in a world where busyness is a badge of honor.

You can almost feel guilty for taking that time. You can feel guilty with other people on your team. You can feel guilty with a business partner, per se, who may not share the philosophy as you. How would you deal with that?

**Michael:** Well part of it is that we have to derive our sense of self-worth from something other than our jobs. There's another thought. But in so much of our contemporary society, we derive who we are (men, I think, have this problem more than women) and our sense of well-being, our sense of identity, from our work. So then if we're not working, we don't know who we are.

But when you decide you're going to have an identity outside of your work and it's going to be about how you're managing your overall life, then all of that other stuff becomes important. I'm more than my work. You know, I love photography. I love fishing. I love relating to my family. All of those are part of my identity, so now if I'm only giving attention to my work, I feel like I'm deficient, but I've redefined that for myself.

I think that for people to get this work-life balance, they have to define that as a desirable state they're going to try to achieve. Most people aren't so sure they want it. They say they want it. They use it as a way of complaining about their work, but when push comes to shove and you say, "Okay, well, what would that look like...?" That's why I was so pleased when you had a pretty quick answer for how it would look for you, because you've been pursuing this.

**Stu:** Yeah, it has definitely been something that has been on top of my mind ever since I started my career. A lot of it, for me... When I go back and think about where my drive and my intention really comes from... A lot of it was growing up with the parents I had who were amazing parents. I remember looking at my parents when I was young and thinking, "Golly, they're so incredible."

They were so supportive of my sister and me in every aspect. They were at every basketball game, soccer game, track meet... It didn't matter. They were always there. They were very encouraging in helping us develop a real belief in each other, but the one thing that was out of whack was that they both worked incredibly hard and long hours, so even though they were there for us, they both sacrificed every other aspect of their lives.

Their balance was really work or kids. There was no personal enjoyment in terms of the things they loved to do. My dad enjoyed playing guitar and acting in theatrical plays, and my mom

has a whole bunch of outside interests too, and they never really got to explore those. I remember growing up thinking, “There’s nobody who works harder than my parents, but there are people who are enjoying other aspects of their lives, so there’s something they’re doing differently. What is it they’re doing differently?”

That really set me on the path to being more intentional about really encompassing the other areas of life that I do enjoy in my life. I think it comes to this third point or this third aspect, and that is the fact that the balance is intentional. You have to be intentional about it. Then, as you said, once you get clear on it, your creative juices begin to take over in terms of how you could really design it.

**Michael:** How you could make that happen.

**Stu:** Yeah.

**Michael:** Yeah, I’ll share another tool that has been helpful, and we’ll put this in the show notes. I think I did a whole episode on this way back, but the whole idea of designing your ideal week... What would that look like? If you could have your ideal week... I have a tool, an Excel spreadsheet where you can actually design this, and people will be able to see my ideal week (at least at the time I did that particular podcast).

But it shows. What is the time I have blocked out for work? What’s the time I have blocked out for sharpening the saw and really making sure I’m taking care of myself? What’s the time I have blocked out for my family? Now no given week looks exactly like that, but it gives us a template to pursue, so my assistant and I are always trying to make it happen.

**Stu:** Can you quickly share a couple of examples of things you’re intentional about? You shared one already. If you’re coming off of a business trip, you like to have...

**Michael:** Recovery time.

**Stu:** That recovery time. Are there other things you’re very intentional about like you are with that?

**Michael:** Yeah. I’m really intentional about guarding my morning time. This is the time for self-care, and my basic philosophy is that if I don’t take care of myself, I’m not in a position to take care of anybody else. I really want to live a life of serving others, but I can’t do that if I’m not taking care of myself. If I’m sick, if I’m emotionally strung out, if I’m spiritually depleted, I don’t have anything to give. So in that first couple of hours every morning, I’m very intentional about doing that.

In fact, I don't take any appointments until after 9:30 now because during that first part of the morning, I'm just spending time sharpening the saw, so to speak. So that's an example. Another example is that I'm very deliberate about spending time with my parents. My parents are in their 80s, and I make sure it's on my calendar every week to go visit them. They're only about 15 miles away, but I have a busy life too, and it would be really easy to neglect that if I didn't make it a priority and put it on my calendar.

**Stu:** I know in the past that was something you wanted to do more of (spending more time with your parents) because you hadn't been spending the time with them that you really wanted to, and now you've become intentional about that.

**Michael:** Well, see, there's a good example. Instead of just feeling guilty about it, doing nothing, and just saying, "Well, I'm a victim of my circumstances," I asked, "How could I design my life so I could accomplish these things I really want to accomplish?" That's really where it begins. Again, we're not trapped.

I think some people, many people, are held prisoner to their own limiting beliefs. They think nothing can change, and yet nobody is holding them hostage. They could imagine their way out of it if they could just visualize a different outcome. This is what frees people up: it doesn't have to happen now, but if you can make this happen over a two- or three-year period and get to a different outcome, awesome!

But I'm afraid what happens for most people, Stu, is they get jobs and then they try to design the rest of their lives in the margins where the jobs aren't already consuming their lives instead of asking themselves, "What kind of life do I want to have?" and, "What kind of job could I get?" or, "What kind of business could I create that would serve my life?" That's the whole point of work. We don't exist to serve our work. It's the other way around.

**Stu:** I think that today more than ever, there's a lot more opportunity and openness for being creative and intentional about designing. For example, on the flight over here I ran into an old friend I hadn't seen for years. He was the captain of our soccer team at college, and he was a good friend. We struck up a conversation and reconnected. I hadn't talked to him in probably 10 years, so I was asking him about his career and so forth, and he has quickly worked his way up the corporate ranks.

He's now the marketing director for North America for a big company. Their head office is in Miami, and he lives just outside of Toronto, so part of that role was... They said, "We'd like you to relocate to Miami." He was very intentional about the fact that he did not want to relocate because it would have had a cascading effect on so many other aspects of his life: with

his wife and her career (she's doing phenomenally well), with the kids, and with being away from family. He just felt it was really important for him to stay where he was.

So he renegotiated that into the contract and said, "Listen. I totally want to come on board for this promotion, but here are my non-negotiables. I need to stay put, and here's why." He explained it to them, and then they found a creative solution around that. He was talking to me about how they ended up coming up with a very creative solution that allowed him to stay where he was, still be able to manage a team in Miami, and so forth. I think that now more than ever, people have that opportunity.

**Michael:** They do, and I think a lot of employers are getting wise to this as well. I told you about the Strategic Coach organization we've been involved with, and they give their employees 144 days off a year.

**Stu:** That's crazy!

**Michael:** Now that includes weekends.

**Stu:** Yeah. Granted.

**Michael:** But if you figure out the rest of the time that's left after that, I think it's like four or five weeks they have a year to be able to pursue other things. They don't answer their e-mails or do any kind of company work on the weekends, but that's an enlightened employer who realizes that when his or her people are refreshed, rejuvenated, and not working all the time, they're much more productive and much more effective when they're on the job.

**Stu:** Awesome. Well, we've talked about three aspects of balance we all need to keep in mind. The first one is that balance is not the same as rest. Second, balance is dynamic. Third, balance is intentional. As we look to wrap up this episode, can you share a few habits you've put into place to retain your work-life balance? We've talked about this a little bit, but I want to specifically talk about habits.

**Michael:** Yeah, well, the first one is one we've talked about on this podcast a lot, and that is to develop the habit of saying no frequently. I sometimes feel like I'm a *no* machine. I'm saying no constantly, but I'm saying no so I can say yes to things that matter most: my family, my most important relationships, and myself.

I realize this race we call life is a marathon, not a sprint, and I can't say yes to everything and make it for the long term, so I'm very deliberate about that. I think we have to learn to say no more frequently if we're going to maintain balance.

**Stu:** I love that. You're saying no so you can say yes to what matters most.

**Michael:** That's right. I think we talked about this in a previous episode. It's Greg McKeown's idea that there's a tradeoff, right?

**Stu:** Right.

**Michael:** So every time I say yes to something, I'm implicitly saying no to something else because this is a zero-sum game. You only have 168 hours a week. If I spend time (because I'm on this board or because I'm doing this volunteer project), I just can't keep adding and adding and adding. Eventually something has to go. If I'm going to say yes to this, what has to go in order to make room for it?

**Stu:** Right. Okay, great. So one habit is that you say no frequently. What's another one?

**Michael:** I think the second one is just to reflect and adjust regularly. Put the margin in your life (I do this with a weekly review and also a quarterly review where I'm looking at my life and asking myself, "How's it going?" Because in one sense it's all a big practice run. It's all a big test. Sometimes it works and sometimes it doesn't, but I always have the opportunity to reflect, review, and say, "Okay, that was good. This was bad. How am I going to adjust it this coming week to make it even better?"

**Stu:** So you're not just reviewing what you're doing in your business, per se, but you're reviewing all aspects of your life.

**Michael:** Yeah, absolutely. "How did it go with my workout routine this last week? How was my nutrition this past week?" When I was on my sabbatical it was awesome, but one of the bad things about it was that I didn't eat as well as I really like to.

I have a pretty strict eating regimen I like to follow that maintains my blood sugar and keeps me operating at peak performance, and I kind of fell off of the wagon. So part of my evaluation was, "You know what? I have to get back on track here because it's going to have a long-term negative effect if I don't."

**Stu:** Gotcha. Okay, so say no frequently and reflect and adjust regularly. What are some other habits?

**Michael:** The third one is to listen to your inner circle intently. The people who love you most are there for a reason, and they can help you to course correct. So when you're getting that look from your daughter or you're getting that look from your wife, your son, or one of your

best friends, you know it's probably time to adjust and really give them permission to challenge you on your lifestyle and whether or not you're living your priorities.

**Stu:** Can I share a quick one that really opened my eyes to this recently?

**Michael:** Yeah.

**Stu:** My executive assistant, Summer (who's amazing), just had her first child. She is on maternity leave. As a result of that... She has always served as a great filter for me in terms of keeping my work-life balance in check, so when she was gone, a lot of those requests were coming directly to me. Being the person who likes to make everybody happy, I was saying yes to a lot of things. Before I knew it, my calendar was slammed. I didn't think much of it.

I was just saying, "Okay, this is a busy season for me. I'm just going to get through this, and then I'll get back on track once Summer gets back," and that type of thing. But it really hit home for me recently when I left one day. My 4-year-old daughter looked at me and said, "You're going away again, dad?"

**Michael:** Wow.

**Stu:** That was a sign to me that I was out of whack, I was out of check. It comes back to what you were saying. Listen to your loved ones. It can even be your young kids.

**Michael:** "Out of the mouth of babes..."

**Stu:** Yeah. That was something that really kind of hit home for me. I was like, "Okay, I need to recalibrate things here because I don't want it to become a situation where my kids are noticing that I'm gone, and I don't want it to become part of a routine, because that's not what I want. I want to be home with them and so forth. So yeah, listening to people who love you most... Even kids have great insight into this kind of thing.

**Michael:** Well, I'll tell you I've had several conversations with my wife through the years... She has sat me down and lovingly said, "You're out of balance. You have to be home. You have to spend some more time at home," or, "You have to get some more rest," or whatever.

For some reason, they're things about which I think a lot of people who are leaders and high achievers think, "I'm the exception. The rules apply to everybody else. I can live with less sleep. I can go longer. I have more stamina," or whatever. Well, it's not true, and eventually it will catch up with you.

**Stu:** Great. So the three habits for everybody: say no frequently, reflect and adjust regularly, and listen to your inner circle intently. If you've enjoyed today's episode, I encourage you to jump over to [michaelhyatt.com](http://michaelhyatt.com), where you can find the show notes, the transcript, and the video version of today's podcast.

Also, if you could leave us a rating on iTunes, we would love it. If you go over there, it'll take you 30 seconds to leave a review and rate the podcast. When you do, that helps us get the show ranked and get it in front of more great people like yourselves, so if you could do that, that would be great. Michael, as we wind down this episode, any final thoughts?

**Michael:** Yeah. Balance is not a pipe dream. It really is something that's attainable. It's something you'll have to keep working at for the rest of your life, but it really is attainable. The real question is, "Do you want it?" If you want it, you can set an intention and begin to move toward it.

**Stu:** Awesome. Thanks, buddy!

**Michael:** Thank you!

**Stu:** Thank you for listening.

Until next time, remember: Your life, your one and only life, is a gift. Now go make it count.