



## Balance between Profession and Family

### Description

- Professionalism and family can be described as the two sides of the same coin as both are equally important in one's life.
- Profession gives us an individual identity and financial security and family gives us an emotional security.
- In today's hitech busy lifestyle it's becoming difficult to find the time to spend with his/her family. This is causing lack of peace of mind.
- Without profession there will be no meaning of our life in present generation. Profession is not just to earn money but for our identity and self satisfaction.
- With the constant increase in the cost of living, job is a necessity for many.
- Career is important but not as much as relationships.
- Professionalism is not all about being a workaholic. It is all about knowing your priorities and acting professionally both at the workplace and at home.
- Being too much workaholic causes frustration and other psychological problems.
- Some people are not spending with their family even in holidays, to earn more money. They should remember that money is just a tool for happiness. Money can't give loved ones.
- If we concentrate only on career, we may get fame and money but we loose many sweetest moments in our life.
- some people are settling in abroad leaving the old parents here.
- Some people are not concentrating on their children because they are giving much more priority to their job. So children may feel insecure and it may lead them in a wrong way.
- To achieve goals, sometimes we have to stay away from family. For example our soldiers are staying away from their families to protect our country.
- If both parents are working it's better to stay in joint family. So that children will be taken care by their grand parents or relatives.
- Plan the weekends with family by keeping the office matters aside.
- Avoid procrastination. Prioritize the things and plan effectively. This can give us free time.
- If we spend some time with family, obviously there will be no need to go to the psychiatrist for stress relief.



- The ultimate goal of everyone is being happy. So, We must make ourselves and our family happy.
- Make a habit of saying 'no' to the unimportant matters and spend that time with family.
- Inner peace plays a big role in balancing professionalism and family.
- If we learn to balance between career and family, our children will learn from us.

**Conclusion:-**

The important thing to balance profession and family is saying no to unimportant events. By planning everything before, anyone can balance both. Only one of these can't fulfill a person. We should remember the fact that the ultimate goal of anyone is happiness and peace.

**Your Turn :-** What are your thoughts on this topic? Feel free to express your opinion in the comment section below.

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