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# CONFIDENT

## Women



**VANESSA  
ECHOLS**

**Finding Purpose  
Through Personal  
Struggle**

**10 Secrets  
of Super  
Salespeople**

**Show You Care  
During Tough Times**

**Eat Healthy  
During the  
Holidays**

*A resource guide designed to empower women*

# WHAT DOES LEADERSHIP TAKE?

## LEARN HOW TO BALANCE ALL AREAS OF YOUR LIFE

Tracy's great at keeping all the balls up in the air. This is impressive, but occasionally she drops one and it's usually at the most inopportune time. She tries to keep all areas of her life balanced, but it seems that when she's doing well at work, the home life suffers—and vice versa.

It's a common problem. We make sure to balance the areas of our life for which there are structured consequences for dropping balls (i.e. failing at work can get you fired). In other areas of our life, where we may not have a specific title, but are still the leader, we see less urgency in figuring out how to balance. Oftentimes, there are no structured consequences, for example, our children aren't going to fire us.

Furthermore, at work, the "balance" asked of those with a leadership title is based on timelines. It's the battle waged between the urgent and the important. Yet, when we focus on the *urgent*, there is little time for the *important* and when that happens, we develop guilt over not balancing the *important*; which makes us less attentive to our work—and thus, we drop more balls. See a pattern? Here are a



few ways to lead in all areas of your life, find balance, and earn the titles you're really looking for, like "Good Person," "#1 Mom," and more.

### Develop Patience

The need for instant gratification will get you into trouble every time. Remember that everything has a season, that good and bad days provide balance, and that your time expectations are not the same as everyone else's.

### Be Nice to Yourself

We spend too much time "shoulding" all over ourselves, focusing on what we forgot, and not giving ourselves

credit for the four million things we did right. Either improve your memory or give yourself a break.

### Clarify the Urgent versus the Important

Before tackling any new project, determine if it's important...either to you or someone else, or if it's really urgent.

You can do this! But, if you are expecting perfection all the time, in all areas...well, that's another article. ■



by Monica Wofford, CEO  
Winter Park, FL chapter

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