

WORK DAYS: 365 FOR MANY OF US

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It's been proven...although all clocks remain fixed on a 24-hour day, many of us are now on "option overload" and we are finding that the old, hackneyed adage, "there aren't enough hours in the day" is more real than ever before.

Along with our faster life styles, at work and away from work, most people are finding that they are not as individualized as they once were. The high flying technology that we're living with has both aided and abetted this issue.

As we get "wired," we are finding that our obligations are tracking us almost instantaneously. Look around at the number of individuals with pagers, cell phones and laptop computers. This was preceded by voice mail, e-mail, faxes, overnight delivery, all intended to give us immediate access to data which, in the past, was sitting on our desk waiting for us or about to be received.

Too many things around us have become "virtual" and "instant." Although some will deny it, there are those who enjoy this frenetic lifestyle and for others, the stress and "agida" increases. By analogy, we prime our pumps by this accelerated life style and our self-punishment is often a more high pressure existence.

Yes, it should be noted that much of what we do on the job today is knowledge work – using our head. Hence, taking it away from the job and carrying it home, becomes more obvious. To many who used to put their head on the pillow at night and sleep are now finding that sleep doesn't come as easily.

There's no denying that job performance measurement is ticking more rapidly today than ever before. To be successful and to survive, carrying the kilo loaded bag home at night has become a way of life. Also, getting to your job earlier and staying later has become commonplace. It always has been for a few, but it has now become much more measurable for many. That is, balancing one's career vs. family obligations and self personal time. Setting the limits remains hard. Many of us don't accept this fact until a critical issue develops either at work or at home. Imbalance has become a chronic condition of life styles today. There is no simple formula to effective balancing.

For the majority, the brass ring of one's career will always remain illusive. For others, it has no absolute purpose....the price is too high.

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