



Best New Year's Resolution Ideas for Executives Looking for Work-Life Balance

Written by: Harry Pontikis

You have climbed the corporate ladder and have come to terms sacrificing your personal life and health for your professional commitments, prestige and income which is the pay-off.

Work-life balance is clearly missing from your life and with the passing of each year, age is starting to rear its ugly head. The COVID pandemic has fast-tracked your burnout and you feel time is running out for you to live life on your terms. The days of 9 to 5 are long behind you and everyone else – with remote working, your new work clock runs 24/7, interrupting every aspect of your life and that of your family's.

You devote all days of the week and almost all hours of each day to your work.

This year can be different for you if you choose it; obviously changing company will not impact your balance and in fact may detriment it even further, as you look to establish your credibility and knowledge within a new organisational framework, its people, processes and culture.

This year's resolution can be about reclaiming ownership of your life whilst not compromising your long term earnings. You may be in a position to do this immediately whilst others may need to put a transitional plan in action, starting it as a 'side-hustle'.

If you are ready to make the change in 2023, a great solution is to become a Business Consultant or Business Coach for your industry. This will provide the flexibility you seek and reclaim the control you crave, whilst giving the access to high income earnings. As with any change, uncertainty, fear and apprehension is all part of the equation but Acclaimed Results specialises in transforming Managers and Executives into Business Coaches. Learn more about becoming a business coach [here](#).

If you are not ready to make the move yet, here are some steps you can take to get more balance in the meantime until you are ready to make the move.

1. Reclaim your time

When you are engaging with your partner, children or friends, disconnect from work; switch off your devices and do not get sucked into reading emails, texts or taking phone calls. Initially it may be for only a few hours at a time and then you can work towards entire days or even weekends.

2. Set Up Regular Family Activities

Make time each week or month to do an activity with the family everyone would enjoy. It may be a family outing, dinner, shopping, a walk, bike ride, getting dessert together or a more



active activity. Set the time aside and commit to it as you would a Board meeting at work. Being present is a huge step towards getting a work/life balance.

3. Rearrange Your Routine

If you feel that you don't have enough time in the day, get up earlier or go to bed later and try to organise your work at home during times the kids are doing other activities or are asleep. If you go to work earlier, the payoff should be to leave work earlier and therefore spend time at home doing things you would like doing.

4. Adopt The Home Office Concept

Working from home is fine for some front line staff but surely not for middle or senior managers right? WRONG! As a manager, you can reset the expectations of your managers and your staff and begin focussing on outcomes rather than 'time served'. Cutting out commuting and the time-wasting aspect of working in an office can provide you with many lost or wasted hours each day. Consider how you could do this even one day a week or a fortnight initially. Working from home part of the time will also improve your health, reduce your stress and frustration as you won't have to battle traffic or other commuters.

5. Make Vacations a Ritual

Vacations are the perfect time to fill in the gaps created in your personal life due to your hectic schedule. Make New Year's resolutions to set aside a week or two for undisturbed family time. Inform your superiors, colleagues, subordinates, and the clients about your vacation plans in advance. Ensure you allocate a subordinate as the point of contact for all enquiries and issues.

While you are away on vacation, do everything that you have been missing. Play with your kids and give undivided attention to your spouse. This will help you maintain great work-life balance and you will cherish these moments for forever!

Even when you are back to work, the happy moments you spent with your family will stay with you. Remember, it's not just you who is facing difficulties maintaining proper work-life balance! It's junior, middle and senior managers, CEOs and GMs world-wide who face the same issues and realise life is passing them by at a rapid rate.

The difference is that you can make a decision to do something about it rather than live a life of regret or even worse – die a life not lived.

By now, you must have attended umpteen seminars in which the importance of work-life balance was stressed upon. But its likely you were never told how exactly you could go about it! Connect with [Acclaimed Results](http://www.acclaimedresults.com.au) to find out how others have done it before you and map out your entry into living life on your terms by harnessing and focussing the skills you learnt in Corporate into creating your life of choice!