

Nowadays people try to balance their work with other things in life, but only some could actually achieve it so far. What are the reasons for that?  
How can we solve this problem?

One of modern problems that today people face is making balance between their career and life. Many fail to reach this goal and seek external factors. However, it would be seemingly more of a personal issues that everyone should tackle.

Primarily, it seems that this problem stems from the lack of specific plan for life. Many people do not have any personal favourites or activities and virtually see all life in working. Sadly, these people usually become aware of this issue when they lose their interest in their jobs or the job becomes a repetitive one and at that time, they will start to complain about work-life balance. However, when they establish personally favourite takes, they do not have to kill their time by working in torturous workplaces.

Secondly, some behavioral and mental weaknesses in people can lead to this imbalance. For instance, some people cannot give themselves space to fail, and they try to solve problems by spending a lot of time and with a perfectionist attitude and therefore they have to sacrifice one of the personal life or work. For dealing with this problem, we need to develop self-awareness in order to have a harmonic lifestyle and stop ourselves falling into unwanted situations.

Lastly, modern lifestyle and unbridled consumerism can be another answer for this issue. These days, most people are persuaded to buy more and more and for many people following of this profession needs more money and consequently it requires doing overtime or finding a second job. Although by more working we have more money for purchasing, there is not much time to spend it. It seem that with little content with what we have and more focus on being in the moment, we can overcome this modern issue and make a balance lifestyle.

In conclusion, while there are some obstacles to make a work-life blend, it appears that most of them are internal barriers of each person that requires a fundamental overhaul of our lifestyle.