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**Mary  
Ann  
Masur**  
is today's

## **CAREER** **Coach**

**Q:** My goal for 2012 is to do a better job balancing my time between work, family and me. Do you have any advice?

**A:** Trying to give the same amount of time, attention and effort to all areas of your life not only sets you up for more stress, but can also leave you feeling inadequate.

Instead of striving for balance, I suggest you create a life plan.

Start by writing a crystal clear vision statement for what you want each area of your life to look like, such as work, health, family, spiritual, etc. Identify the resources you have to support you in those areas. Then create measurable quarterly goals that will move you closer to that vision. Taking small steps toward these goals will give you momentum.

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