

Tips for achieving balance

Lisa Whaley, author of *"Finding my Soul from the Lost and Found,"* advises people to avoid these common mistakes that crop up when working toward a work/home life harmony.

DON'T let your career overcome your life: "When you let work consume your life, it becomes your existence," Whaley says. "You need to consider what happens if it ever disappears. What do you have?"

DO take your vacation days: "This does not mean you need to go on elaborate trips," she says. "But it does mean that you need to make sure that when you are on vacation, you are actually away from your work. You need to truly be out of your position."

DO remember that life is short: "Enjoy life and have fun," she says. "Think of all the people that died in 9/11. You need to wonder how many of these people put off the things that they wanted to do with their lives, but never did because they always thought they could do it later." — PF