

#### BALANCE IS OVERRATED

Sometimes we necessarily have to be selfish in order to get stuff done. Often we have to be willing to make sacrifices, or to forgo one objective in order to pursue another. At times, those objectives will be in direct opposition to one another. **AND SOMETIMES, THAT'S OKAY.** In fact, sometimes that's the way it should be.

So when is it okay to push towards our own goals, and when should we hold back? When is it okay to be selfish, and when are we supposed to be selfless? When are we supposed to go all in and when should we just dip our toes?

It's not always easy to know, but I think there are a few guidelines that can help us along the way.

#### GUIDELINE #1

##### IT'S OKAY TO GET OBSESSIVE

I think in a culture that pays a lot of lip service to the importance of striving for balance in all aspects of our life, the idea of obsession gets a bad rap. We're taught to believe that it's not healthy to focus too long or too hard on only one thing, or to pour all our energy and efforts into a single area of our life. That we shouldn't work too much or exercise too hard or practice too long.

**GREATNESS** almost always come from **OBSESSION**.

We're not called to balance, we're called to purpose.

With that in mind, what do you think would happen if you gave yourself permission to go all in, without feeling guilty? What would change if you were able to stop pursuing some mythical idea of balance, and instead allowed yourself to get obsessive about going after your dreams or pursuing your purpose? What would that mean for your life right now? What would have to change?

#### GUIDELINE #2

##### NO SEASON LASTS FOREVER

Have you ever noticed that as humans, we tend to have complete tunnel vision for whatever season of life we happen to be in? It's all we can see, all we can relate to, and all we are interested in. And because that season is so all-encompassing, it often feels like it will last forever.

**SEASONS COME AND GO**—in marriage and in friendship, in work and in play, in every aspect of our lives. There are seasons of hope and seasons of despair. There are seasons of busy and seasons of calm. Times where we feel productive, and other times where we can't seem to get anything done. Moments of great longing, and moments of contentment.

**NO SEASON, GOOD OR BAD, LASTS FOREVER.**

#### GUIDELINE #3

##### IF EVERYTHING IS IMPORTANT, THEN NOTHING IS

While it is easy to accept this idea of seasons in theory, the very myopic nature of those seasons means that in practice, one of the biggest daily struggles we face is the idea that everything in our lives needs to be given equal weight and attention, and that if we are not completely balanced in all areas of our life at all times, we are **FAILING**.

What a **HORRIBLE LIE** we are telling ourselves!

Because the truth is that **IF EVERYTHING IS IMPORTANT, NOTHING IS IMPORTANT**. If we are always trying to give equal weight to all the things, we will never give enough weight to the really important things. Not everything can or should be important all the time. It's not possible, and we will drive ourselves crazy trying to achieve some sort of perfect balance.