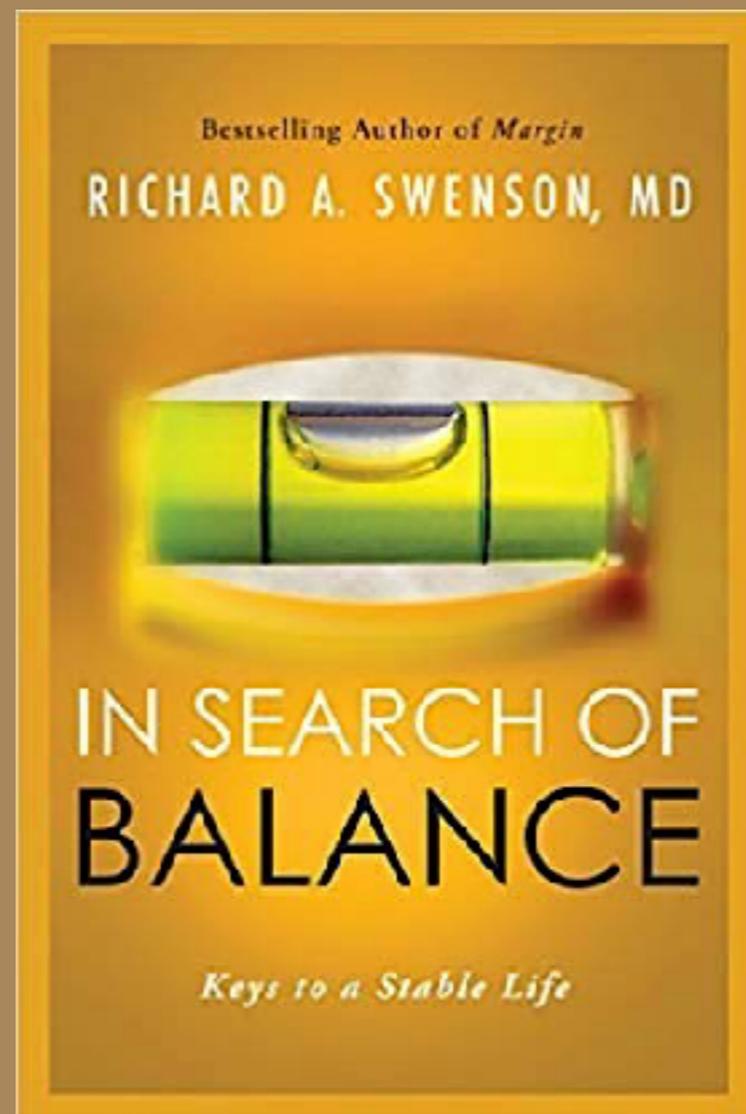


# Balance

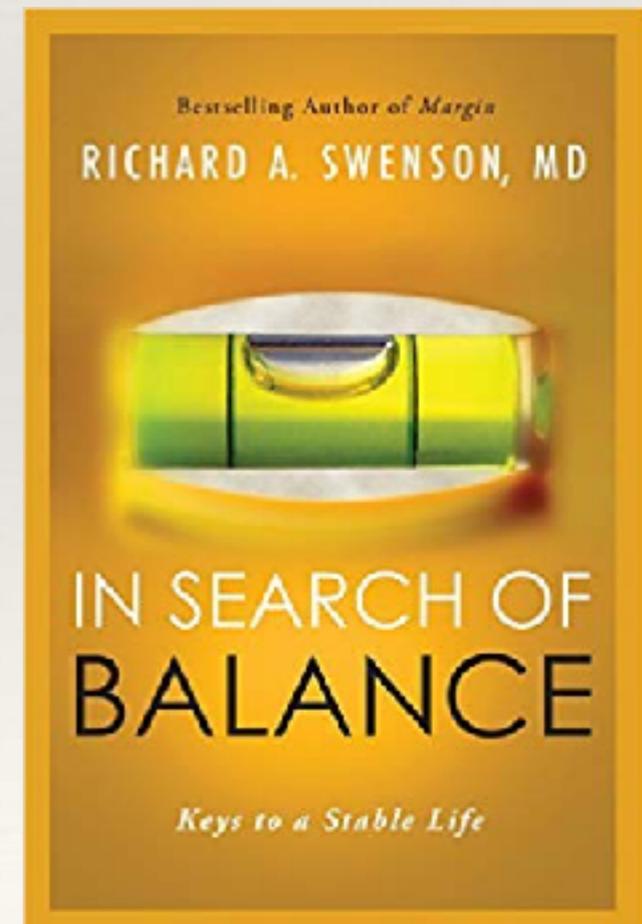


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# Balance and the Bible

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- Luke 2:52 - “And Jesus kept increasing in wisdom and stature, and in favor with God and men.”
  - Wisdom - intellectual
  - Stature - physical
  - Favor with God - spiritual
  - Favor with men - social



Balance Seems Impossible

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# Balance is Bunk

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- Magazine of the Fast Company had an article: “Balance Is Bunk.”
- “Living in a postbalance world” requires that we should “embrace imbalance.”
- “The global economy is antibalance . . . Someday, all of us will have to become workaholics, happy or not, just to get by.”

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# Balance is Impossible

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- Female scientist: “I really dislike the phrase work-life balance.”
- State Supreme Court judge: “Balance is impossible,” talking about the tension between personal and professional life.
- “Balance is an excuse for noninvolvement, for not doing your best,” said a Christian leader.

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# Balance Matters

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- There is a great deal of concern about life balance today.
- There is a great deal of confusion about how to approach balance.
- There is a great deal of evidence that the requirement for balance exists far beyond the context of our busy lives.

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# Balance Matters

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- We balance our budgets: corporate, personal, family, city, state, federal and international.
- We are encouraged to eat a balanced diet.
- We laud an ecological balance.
- Farmers practice a balanced crop rotation.
- Our constitution guarantees a balance of power in the government.

Progress Sabotages Balance

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# Time Machine

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- The past 5,000 years - very little change
- The past 250 years - progress had arrived
  - Differentiation
  - Proliferation
  - Combination
  - Invention
  - Discovery

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# Time Machine

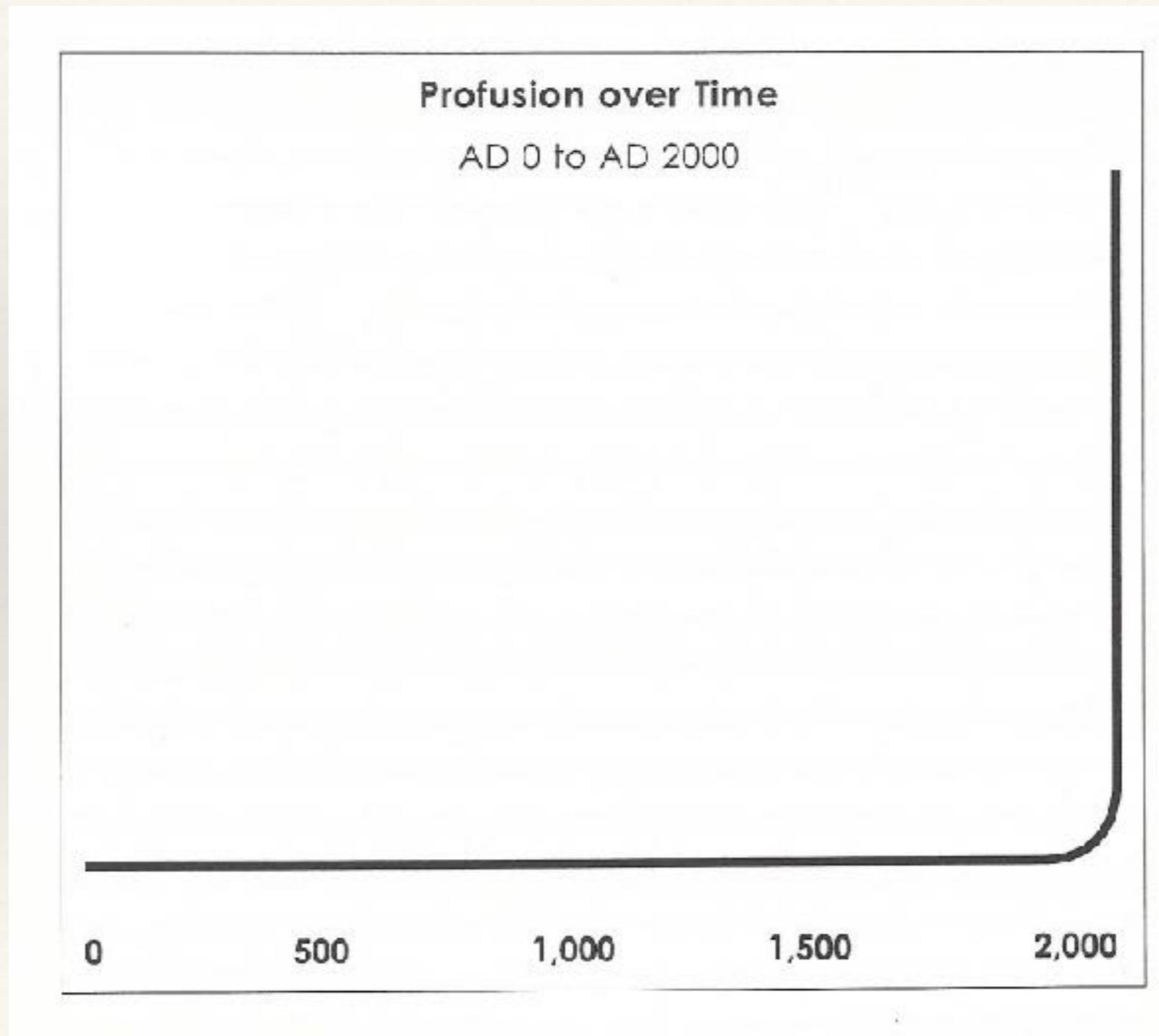
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- The past 30 years - balance has speed problem
- Progress is giving us more and more at an exponential pace.
  - Fold paper 10x - 2 inches thick
  - Fold paper 40x - here to the moon
  - Fold paper 100x - far wall of the universe

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# Profusion Over Time

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# Profusion

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- Profusion climbs inexorably and is irreversible
- Profusion is seen as a positive
- The profusion graph reveals our balance problem.
- The profusion graph causes increasing stress, and other problems as well.
- The real force behind this graph is not profusion but progress.

# Balance in Creation

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# Human Body

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- Human body made up of  $10^{28}$  atoms.
- Ninety percent of them are replaced every year.
- Human brain has one-hundred-billion neurons, capable of holding the equivalent of twenty-five-million books.
- The ear has a million moving parts and can hear over a range of sound intensities that vary by a factor of one trillion.

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# Human Body

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- The heart beats  $2\frac{1}{2}$  billion times in a lifetime, pumps blood over 6000 miles of blood vessels.
- The body has one-hundred-trillion cells, each with a nucleus, 23 pairs of chromosomes containing approximately 24,000 genes.
- If we extracted the DNA from all one-hundred-trillion cells and compacted it together, it would fit inside a golf ball.

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# Earth

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- Sun - one trillion photons per second
- Moon - just the right size
- Earth - size, axial tilt, earth's crust, magnetic field
- Solar system - Jupiter and Saturn
- Galaxy - right number of stars, right location

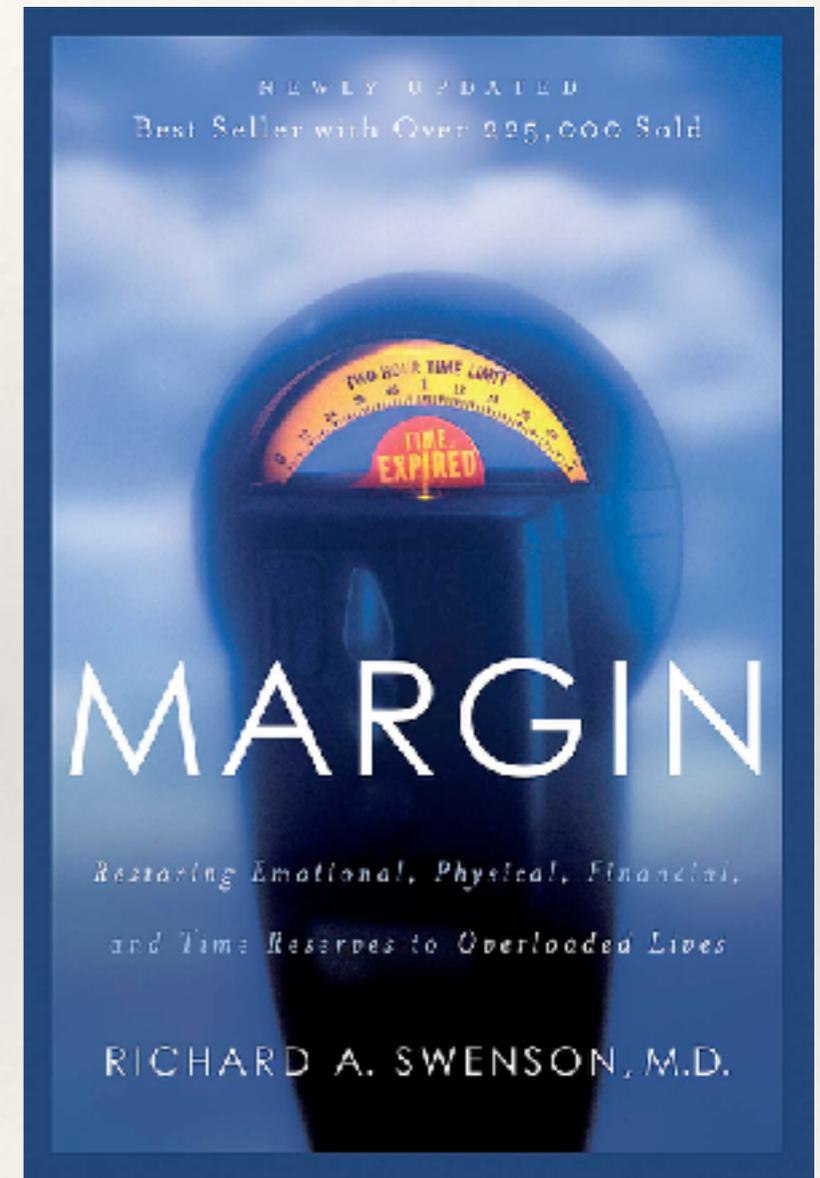
# Balance and Margin

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# Margin and Balance

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- Margin as a spectrum
- Balance as a beam
- Margin is about making space for the things that matter most.
- Balance is about preserving space for the things that matter most.



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# Margin Spectrum

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- At 80% capacity, we have margin in our lives. There is some space between our load and our limits, some money in the bank.
- At 100% capacity, we are maximized. We are topped out, no buffer, no leeway.
- At 120% capacity, we are overloaded. We have moved beyond the threshold now and are well into a negative capacity setting.

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# The Balance Beam

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- “Balance is a concept about equilibrium, and one representation might be a balance beam.”
- “If we successfully stay on the beam, we are in balance. If we fall off, we are out of balance.”
- We can also define balance “as a stable, reliable orbit around our core priorities.”



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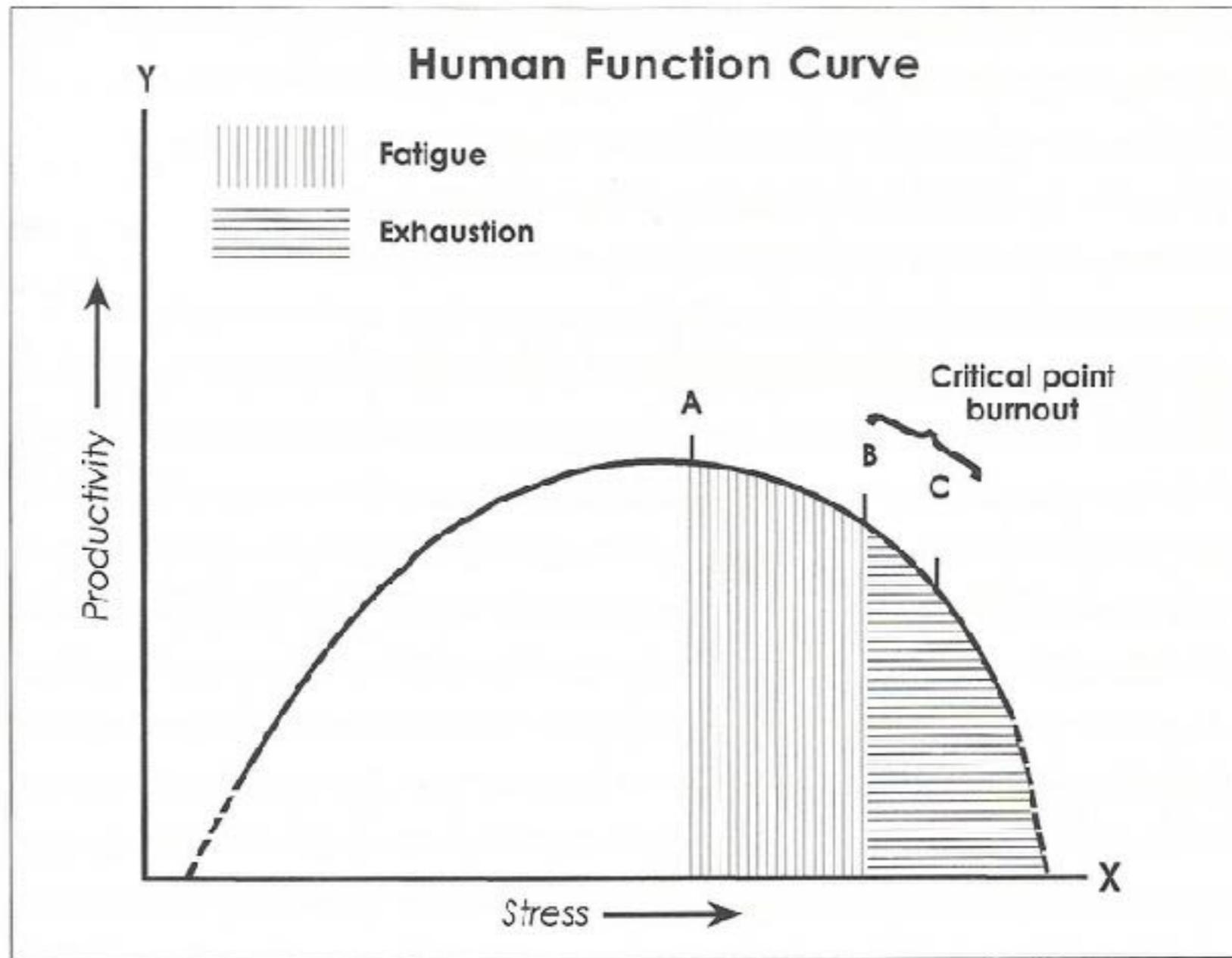
# Impact of Progress

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- “The profusion of progress will continue to increase, and our margin in emotional energy, physical energy, time, and finances will continue to decrease.”
- “There is no margin for priorities, relationship, healing, depth, rest, service, contemplation, or worship. Essentially, for all the things that matter most.”

# Stress and Productivity

# Human Function Curve



Stress Versus Productivity

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# Marty Nemko

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- “Don’t give 110 percent. I have a client who always gives 110 percent. Yes, he reaps rewards, but he’s stressed out much of the time, makes mistakes as a result, and hasn’t developed close relationships. . . .”
- “The most successful people I know give 90 percent. They stay in the moment, tackle their projects slowly but steadily, and don’t waste time worrying about what’s ahead. They also have the emotional reserves to develop relationships and enjoy work.”

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# Impact of Overload

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- “What happens when overload collides with the family? Many well-intentioned homes are exhausted and overwhelmed, driven by powerful cultural forces.”
- “What happens when overload collides with faith? We become too busy to pray or serve and too exhausted for relationships.”

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# Work-Life Balance

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“Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.”

Colossians 3:12-14

# Countering Escalation of the Norm

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# Escalation - Normalization

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A continuous escalation of the norm.



Followed by normalization of the escalation.



This then becomes the “new normal.”

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# Home Escalation

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Year	Sq.Feet	Avg Cost
▶ 1950	983	\$ 11,000
▶ 1970	1,500	\$ 26,600
▶ 1990	2,080	\$ 149,800
▶ 2000	2,200	\$ 206,400
▶ 2010	2,534	\$ 295,600

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# Health Care Escalation

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- ▶ 1960 – 5.2%
- ▶ 1970 – 7.2%
- ▶ 1980 – 9.1%
- ▶ 1990 – 12.3%
- ▶ 2000 – 13.8%
- ▶ 2010 – 17.7%

# Prescriptions

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# Descent Minimums

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“If our lives are wildly unbalanced by any single all-consuming activity—whether work, sports, television, or shopping, for example—it leaves us with a math problem. In the fixed environment of a 24-hour day, we will have no time left for other important activities that require a decent minimum.”

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# Prescriptions

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- Establish a Decent Maximum
- Take from the Trivial and Routine
- Follow the Counsel of Your Heart
- Guard Family Decent Minimum
- Befriend Simplicity and Contentment
- Use the Multipliers of Faith

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# Prescriptions

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- Develop a Bias for Function over Escalation
- Stop Staring at the Neighbors
- Don't Allow Others to Power over Lifestyle Decisions
- Resist the Escalation of Birthdays, Christmas, Weddings
- Live from the Inside Out
- Compare the Opportunity Cost

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# Resources

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