



SPI Podcast Session #47 –

Maintaining a Balanced Life

Show notes at: <http://www.smartpassiveincome.com/session47>

This is the Smart Passive Income podcast with Pat Flynn, session #47. It's that time again!

Announcer: Welcome to the Smart Passive Income podcast, where it's all about working hard now so you can sit back and reap the benefits later! And now your host--now, a daddy times two: Pat Flynn!

Pat: Hey hey, what's up? Welcome to the 47th session of the Smart Passive Income podcast, and I just have to thank you, because session 47 marks the first podcast after surpassing the two million download mark, meaning between session 1 and session 46, the Smart Passive Income podcast has been downloaded over 2 million times, which is phenomenal! I mean, to think that I'm just one dude who just gets behind the mic every once in a while, to have been listened to that many times, it's just AWESOME and it's all because of you. So thank you.

And a special shout out goes to Chris Jacob, who tweeted me the other day to say that the SPI podcast helped him cross the finish line of his first 10k run. He was listening to the show during his run, which is GREAT. Well done Chris, and I'm glad I could be there with you during your run to help you cross that finish line. I love that.

In addition to 2 million downloads, which quite interestingly enough will translated into time, based on an average of a 45 minute show, is 171 consecutive years of listening time. That's like 24 hours a day of listening for 171 years. That's a totally random, useless fact, but I thought it was kind of cool and I wanted to share it with you. Thank you, again. 2 million--that's ridiculous!

You know, I'm telling you. Podcasting--it's awesome! It's SUCH a good way to reach people. Be everywhere! There's a ton of people waiting to listen to you on a podcast. You just have to put yourself out there, be heard, and just make things happen. I could go on for days about podcasting.

In addition to that announcement, my final announcement today, which relates to today's episode, and is a much bigger announcement and much, much more important than any sort of numbers of downloads or anything else in this world is I am now Dad



2.0. Just like my announcer, John Melley said in the intro, I am now a father of two. A PROUD father of two! You know, a couple weeks ago our baby daughter entered this world, our second child, and she's here, she is amazing, she's beautiful!

Her name is Kailani, which is actually Hawaiian for the sea and the sky --and no, we're not Hawaiian! A lot of people ask me that because our son's name is Hawaiian, too. But my wife and I both love the culture, the names, and the food, and you know, that's where we went on our honeymoon, so we're as much Hawaiian as people can be without actually being Hawaiian. But I am half Filipino, and my wife is full Filipino, so if we just call ourselves Pacific Islanders, then yeah, we can probably stretch the whole Hawaiian thing, so. Yeah.

I'm SO happy, so proud of my wife and my son, too, who is actually very protective of her. That was quite the opposite of what we were actually worried about. Quick story--after my wife gave birth and our son came by to visit us at the hospital with the grandparents, I had to change Kailani's diaper.

And so, of course, newborn babies are going to cry every once in a while, and she did, and my son just started THREATENING me. He was like "Dad, I'm going get you! Stop doing that to Kailani!" [laugh] It was SO cute and weird and funny. I mean, he got so angry. It was amazing! So I'm sure he's going to be there for her when she's older, which is exactly what we want, which is nice.

So how does all this baby stuff relate to today's session? Well, since bringing the little one home, for those of you who don't know and who haven't experienced this yet, babies like to mess up schedules and make it incredibly hard to get things done. And any sort of long stretches of time you had to do anything before, including sleep, will go away. And I don't have a solution to that, I'm not here to tell you some magic formula for getting stuff done when a new baby arrives in the house. You know, I want to know what that magic formula IS! I'm not going to pretend like there IS one.

But, all this stuff happening in my life right now has got me thinking a lot about work life balance, and prioritization. You know, where are our priorities? Do we even know what they are, exactly? How are they changing, and are we living a life that seems balanced, where all parts that matter to us get touched or addressed, or is that even possible? Or are we just living a life where we aren't doing the things that we really want to do, or that we should be doing something else?

This is a huge topic, and it's so important. You know, I've had 46 other episodes so far,



from amazing interviews and success stories with other people, to some solo shows with just me talking about everything from email lists to social proof and the different types of passive income you can generate online, but I've rarely touched on this whole work-life balance thing, and it's something that affects all of us.

I think it's something that most people, including myself, find very difficult to master, and the tough thing is, once you feel like you get into a rhythm with your life and things are balanced and things are good, it doesn't take much to be thrown off balance, you know? Things happen in our lives from time to time that test us, a lot, or challenge us.

And as much as I am SO happy and SO proud to be a father of two now, I'm not going to lie and say that it's easy. You know, I'm not going to lie and say I don't struggle with this now, and struggle with trying to get work done and provide for my family while also being there for my family at the same time. I get stressed sometimes, and I overwork myself sometimes, and I procrastinate, too, you know?

So in this session, I'm not going to tell you how to live your life. You know, I cannot do that. I don't have a right to do that. We all have different lives and different experiences and different things matter to each of us.

But, what I can and will do is talk about my life from my own experience. I mean, that's what I do in my blog anyways--share thoughts about what's important to me and how that relates to time management, balancing work, and balancing personal stuff. And hopefully by the end, you can sort of examine where you're at, too, and what your priorities might be. And if you're actually working towards a balanced life or setting yourself up to lead one. I've had a lot of people email me about how I'm able to get things done while still making time for my family, especially now with a second child on board.

So my aim is to sort of fill you in on that now. And again, like I said, I don't have a magic formula, but I'm going to tell you what's going on in my head to hopefully make things easier for me down the road.

Now, before we even get to priorities though, this whole work-life balance thing, I want to make it clear, one thing that has probably helped me the most as far as really getting great work done and making progress with all of the projects I'm working on and in my business, while also being able to really enjoy the time I spend with my family, and that's work time is for work, and family time is for family--or personal time is for personal time.



In other words, when I'm with my family, which is one of my top priorities, my focus should be, and is now, entirely on them. No work, not even one thought of it. This is out of respect to my family, who I feel should have my 100% devoted attention when I'm with them, as it would be unfair for me to be there physically but not mentally as I think about something else going on in my business, which, I have to say, was a very common thing when I was newly married and we had our first baby while I was starting to see some great things happen in my business.

You know, it was a daily struggle. I would even get to a point where I'd actually have conversations with my wife about whatever, but then there's little voice in the back of my head that would be thinking about something business related, like a comment that I needed to answer on the blog, or a new blog post that I needed to write. And gosh, even just saying this out loud to you now, thinking about it, it's just so SAD. I mean, I'm ashamed of it.

It eventually got to a point in my relationship where my wife and I, you know, we really had to sit down and talk about it, because she could tell, and I knew, that I just wasn't always there. And it was totally my fault.

But you know, as most of you probably know and can relate to, when you do business for yourself and you're an entrepreneur, whether you own a Fortune 500 company or you're just a blogger, there's almost always more work to do, or something that CAN be done to improve your business and make it even better.

And in addition to that, it's so exciting! I mean, starting a business of my own has given me some amazing experiences, like my first sale, having my boss who actually laid me off call me back and ask me for advice (which was awesome) or just all of the connections I've made with other people online. It's seriously addicting. It's seriously addicting, and I'm obsessed with this stuff. And I'm sure you are, too. To a point where sometimes you can just cannot stop thinking about your business. You dream about it sometimes!

The thing is, you have to be, and what I've learned is, you just have to be a little cautious about that. About thinking about your business all the time, because there are other people and other things in your life that deserve your thoughts, your attention, and your dreams, too.

But then there's the opposite side of this, when we are working, or should be working



on our business, you know, our business doesn't have our full attention either. And what happens? We don't get as much done as we could have. Projects take forever to complete, and the time just seems to slip away from us and our business. And it just doesn't seem like you ever get anything done, right?

I go through this too. This is a struggle for me, and a struggle that many of us face, especially those of us who work from home, and even double, especially if you have little ones running around the house, too. You know, those one minute interruptions, they're only one minute, right? And they're dangerous, because they aren't just one minute long.

Yeah, I can take a minute to help you with this, or I can take a minute to chat with you about that. Well, that one minute can easily turn into two or three or five, because you're never actually keeping track of that time. And when you try to get back into work mode, you can't just BOOM get back right into where you left off. You have to take a minute to remember what you were doing and get back on track and into the flow of things, and if you were in a particular flow or rhythm when you were interrupted, that minute might take another 10 or 20 to make up.

And for me, this was bad, too. Especially because I'm not the type of guy who creates boundaries and likes to create rules for other people like "Don't speak to me at this time!" or "Don't talk to me when I'm working!" It just didn't feel right to say "during these hours, please for the next 30 minutes or whatever, I need to focus so don't interrupt me." That seemed kind of rude to me.

But, that's what has to be done! Because when you're in work mode, you need to be in work mode. And when you're on personal time, you need to be on personal time. And they each need to be separate as much as possible. That is the key.

But, that's also not easy to accomplish! It's not easily divided for people, you know, work stuff and personal stuff. You know, there were a few things, though, that I'm going to mention right now that helped me with this whole work life division line, I guess, is what I'll call it, in my life.

First was the understanding and support from my wife. Between my wife and I. In other words, communication. Your family and other people around you that you care about, especially if you live with them, they have to understand just as much as you how things are going to work. That when you're with them, you are 100% with them, but also that when it's work time, you're 100% focused on work, and you cannot be



disturbed for X number of minutes or hours or whatever you feel is adequate, except for emergencies, of course. Again, everyone is different, BUT it just needs to be clear between all parties.

Once I spoke about this stuff with my wife, I mean just saying it out loud, and sharing these thoughts with her, helped me. It'll help you too. My wife told me how she felt about my work and how it was kind of hard to decipher when I was actually in work mode versus when it was OK to talk to me, or anything like that.

We sat down and we talked about how much time I needed and when things were going to happen for me work-wise during the day. And after that, things started to go much better, and we were all much happier, and I was getting a lot more work done. AND I was more focused on my family when it was family time.

But of course, all of this is much, much easier said than done. Talking about it out loud helped, just getting it out there, but even after talking about it, for a while even though I knew, even though it was brought to my attention and I knew and I admitted to thinking about business stuff when I wasn't in work mode, I did. I kept doing it.

You know, you just can't turn off that thing like a switch as much as we all want to, sometimes. But there are things you can do to almost get to a point where it's sort of like you're turning off a switch, and you can get out of work mode a lot faster. And it actually all relates to how it WAS like working at a 9 to 5 job, at least for me.

So here's what I did. What I liked about my 9 to 5 job -- and there were many things I liked about it --I actually didn't want to leave. I loved working in the field of architecture, and I still miss it sometimes. So what I liked about my 9 to 5 job--and actually, it was like 8 to 6 or 8 to 7 sometimes, architects are crazy--but yeah, I had a sort of schedule and I knew mentally that at X o'clock every day or whatever--again, it varied depending on projects I was working on and the deadlines I had--when X o'clock came around, I was done.

And it was SO easy for me to get out of work mode. I mean, a lot of us wait for 5 pm, and then BOOM like a light-switch, we're done. No more work, we're not THINKING about it anymore, and we have our evenings to look forward to, or our weekends with whoever, and doing whatever.

That schedule is important, because it tells our brain when to switch to something else. For a while, I was working without a schedule, and it was just ugly. I was just working



whenever. So I could be thinking about my business whenever, like when I was with my family, because I didn't have a set schedule at first.

You know, it's funny because a lot of people try to get away from the 9 to 5 scene. They say "I want to work my own hours!" but they'll soon realize that they need a specific schedule in order to succeed. And I soon figured that out.

Now, when you work for yourself, that schedule can be flexible, which is the beauty of it, but you need that schedule to survive. And other people need that schedule to understand when you're in work mode and when you're not. So I have a schedule now, and yes, it changes, and it can because it's flexible, and things get introduced in my life like when Kailani arrived.

And you know, the schedule's changing, but I'm sticking to it as much as I can, because I'm adapting to a new situation, but I need that schedule because that's what helps me to communicate with my family, and helps me communicate with my brain, so I know when it's work mode and I know when it's not work mode. That's one thing. Creating that schedule, really important.

Another benefit of the 9 to 5 scene that helps you break this work life division into two is you're physically at another location, typically, and when you leave, you're out of work mode--probably because you can't even work if you wanted to. You're not at your desk.

This obviously helps with work mode/non work mode division, but when you're working from home, your place of business and your place of living is the exact same place, which makes it extremely difficult, because you know, you can work at any time. You have to specify a designated area in your living quarters for you business, and let it be only there for business, nothing else.

If you want, you can get out of the house and sort of relive that 9 to 5 feeling of a separate work space outside of the house, which I know a lot of people do--a lot of people like to go to cafes or internet cafes, or they rent out space in a shared working area, which is pretty cool. Whatever is good for you. I just think a separate space just for work is needed, and that's going to help out a lot. It's going to help with your priorities.

I'm fortunate enough now to have my own office in the house, which is great because I



can close the door, turn off work mode in my head like a switch, close the door, boom, work is done. Just like I was leaving an office at a 9 to 5 job.

But before we moved into this house, I actually lived in a 1 bedroom apartment. This was where I built my 6 figure business, greenexamacademy.com--in a one bedroom apartment. And my "office" was a little niched out space in the corner of the kitchen. Just a little space in the corner of the kitchen, open to everything, but it was the space in the apartment that was dedicated just for work, and it helped, because when I wasn't there, I wasn't in work mode anymore. And eventually, it took me a while to figure out that that's how it should be.

I have a video, actually, that I'll share with you in the show notes that gives you a tour of my first office in my one bedroom apartment. You'll see my dog Gizmo, he's like 4 months old at that point, he's really cute, smartpassiveincome.com/session47 to see that video. Check it out, it's like 2 minutes long. Humble beginnings! And it really shows you that it doesn't take much to get started. I had very little going on in my office at that point. Just a computer and a little space in the house designated just for business. So yeah. A separate physical space will help.

But even then! Even then, especially if you're working from home, you know, you have a computer right? And since we're all doing business online, you know, if we have access to a computer, it's really easy to merge work and merge personal stuff together. Like, if you should be working on your business, you know, you check Facebook for a second or go on YouTube, and then all of the sudden 30 minutes go by and you saw some amazing updates and pictures and videos of cats and things, but nothing that's really going to help you at all as far as the future of your business.

And then on the flip side of that, if you're on personal time, a lot of times we're tempted to check our stats to see if we have any more traffic or sales or you check your email....those things can be the death of you! And you need to keep work related things out of your non-work related life. Seriously! I mean, this was a huge struggle for me as well.

And as you can see, I've struggled through a lot of these things--you know, I'm just being honest with you here. I don't pretend to be some sort of know-it-all, "Yeah this came easy to me" type of guy. I've gone through all of the same things that you are going through or have gone through already or will go through, and I'm just here to share it. I'm just here to share how I'm working it all out.



So the solution here for me as far as the whole computer situation, and working when I wasn't supposed to be working on the computer and also going on Facebook and Twitter and being distracted by personal things, or things that SHOULD be personal things while I was on work mode, the solution for me was to actually buy a separate computer, so that I have one for work and one for personal stuff. You know, no work stuff or work bookmarks or any sort of activity on the personal computer, and no non-work related stuff is to be done on the work computer. By far, this has helped me the most.

This is how much I struggled with this issue, with the discipline. I didn't have the discipline! I mean, if you're strong, if you are strong on the inside and you just know that when you're in work mode you shouldn't be doing non-work stuff and vice-versa, then by all means DON'T buy a new computer! I'm not telling you to buy a new computer! I'm just sharing with you that this was my solution, and if you're strong enough to do that on your own, great. I mean, teach me! But it helped me out big time and it made personal time more fun, and it made work feel more productive, too.

I actually talked about this a couple of years ago. I suggested it on my blog in a blog post, and a few people were like "Yeah, Pat, that's a great excuse to get another computer! I'm going to tell my wife!" And I thought that was pretty funny, but no really! It helped me! And you know, maybe instead of a separate computer, you create another profile that you can sign into on your existing computer that doesn't have easy access to all of those things that shouldn't be on there.

And this, of course, is much easier if you have a laptop, because if you don't, then you have your PC or your iMac or whatever in your designated work area, and then you're doing personal stuff there in your work space, and you're mixing personal and work together, and it's just not going to work out very well.

All this, all these strategies and hacks or whatever you want to call them, this is all about making sure, again, that your work life and your personal life and family life are separate, and they each have your 100% attention when they each require it, or when it's the right time.

Priority #1: Me

And when I talk about personal life, I don't just mean those who are around you, but I also mean you. Stuff for you. Stuff that makes you happy. Which is actually my first



priority. My first priority is ME, taking care of myself. My priorities are myself, then my family, then my work, and then everything else.

And that may sound a little weird to you, putting myself first, like it's selfish or egotistical or hypocritical, because I talk about how much I love my family so much, but let me tell you why I am my first priority. And I'll link to a [Michael Hyatt article](#) in the show notes because he puts himself as his first priority, too, but it's not for selfish reasons at all. In fact, it's quite the opposite.

The reason I put myself first is because if I don't take care of myself, if I get sick, if I'm out of shape, it's really hard for me to take care of anyone else, too. Especially my family! But also my work, too. I'm pulling this next example from that same article from Michael Hyatt. It's like when you're on a flight and during the emergency demonstrations at the beginning, the flight attendant will buckle seat belts and stuff, and then she talks about the oxygen mask, and she says "make sure you put on your own oxygen mask first, before helping anyone else around you."

A lot of people will sacrifice their own health and their own wellbeing for the sake of others to improve their businesses, and I think you have to make yourself well enough first so that you can better help others, and better improve your business.

One more quote from that same article that Michael Hyatt said, actually in a comment. He said "we have to recharge our own batteries in order to be able to jumpstart others." And I just LOVE that quote.

Everyone's self is different, so you should know best how to keep yourself healthy. I'm not going to sit here and try to tell you what to do, or "go exercise" or "go eat this and that" but you know, you should know what you have to do, it's just a matter of doing it.

I eat well, I'm a juicer, I exercise as much as I can, I challenge myself mentally, I read, I don't put myself in too many dangerous situations, and I make sure I do what I can to be happy, too. Sometimes that means spending more time with my family one day, because they're always there to pick me up.

Sometimes it means I just have to step out of the house for a little bit a take a drive to cool off if things are stressful at home. A stressed out Pat isn't going to help anyone. And a solo outing somewhere to get a cup of coffee or something can just make me feel, and make everyone else around me feel a lot better.



Everyone needs a little bit of alone time just to ground yourself and get sane again, because our lives are full of a lot of insane stuff.

So my first priority is me, but it doesn't sound as bad as it is, it's because I want to be well enough to help others.

Priority #2: Family

THEN after myself there's my family, of course. Really, the true motivation for everything I do. They are what make me the most happy, and they are who I want to be a good example for.

It's a challenge. I know a lot of people who work long, hard hours for their families to support them and to provide for them, but then they're not always there physically for them. And that's not how I want to be in my life, which is why passive income and flexible schedules and being my own boss is the core of this show, and the core of the Smart Passive Income brand.

For some, family isn't quite as important, and that's okay. Totally okay. I'm not here to tell you what your priorities should be. That's all on you. But what you should do is have what you do reflect your priorities. And for me, since my family's a top priority, providing for them and physically being there for them at the same time is something that I'm always striving to do.

You know, as my kids grow older and they start to become more independent, I know this is going to be a lot harder down the road. I mean, with the baby I can just hold her all day long, and my son, who's only 3, or almost 3, he's starting to play on his own and even says he'd rather do something else than play with me sometimes. Not all the time, but it's just his honest 2-year-old self, who's very protective over his coloring book and doesn't want anyone else to touch it, you know? It's crazy.

And then there's the relationship I have with my wife, who now, with the kids in the house, the time we have alone with each other, my wife and I, is much less, of course. And with our son, we always made sure to have at least a little bit of alone time every week. So once a week we have an evening together. This is what many of my Instagram followers know as Date Night Thursdays. I usually catch a snapshot of where we ended up going for our date night. A lot of people are interested in that.



And it's nice. It's so nice having that alone time with her! It's very important to me. Even if it's only for three or four hours one day a week. It's so necessary, I think, for us as a family. And once our daughter is a little older and "babysittable," I mean that's not a word but you know what I mean, then we'll start to go out on our own again.

We've put that on hold for the baby, but we're going to go on date nights again, because it was so good. It makes us both happy, we get spiffed up a little bit, we dress up, and it really gives us something to look forward to, to experience together each week, you know? It's nice. If you're not doing a date night with your partner, I would definitely recommend it.

Then there's the relationship I have with my family, and my mom and dad. You know, I know a lot of people who grow apart from their parents the older they get, and I think since leaving the house for college, I've actually grown even closer to them. Now that I'm an adult, I have kids of my own, I understand why my parents do what they do and I'm not an angry teenager anymore, but I'm thankful.

So I always do my best to spend time with them, or call them and just chat about anything from security guard stuff with my mom, who is actually a security guard, or fishing or Cal football with my dad.

And then of course there's my friends, who I always look at as a part of my family and I treat them that way, too. I'll go out of my way to help because I know they'll do the same for me. And they have! And many of them are recently married and having kids and stuff, and I want to be someone they can all rely on.

That's my family. So that's my second priority.

Priority #3: Work

After my family, then comes my work. And within my work, we can break down the work related priorities even further. So, within work, my priorities are number one, YOU. My audience. Those who follow what I do. By leading by example, I can better help you, which is my primary goal in my business, because I get a lot of fulfillment from seeing people succeed because of me. If there's one thing I'm selfish about, it's getting thank you notes from people. I want as many thank yous from people as possible, because I know people don't just give thank yous away. They have to be earned.



If you go into my [August 2012 monthly income report](#), you'll see at the bottom an image of a collection of hand-written thank you notes that have been sent to me from people who have used my blog and used my advice to help them grow their businesses, and that's awesome! A couple of people sent me their first dollars that they've ever made. One person framed his first dollar for me and gave it to me. That was just awesome.

Since you are the priority in my business, your best interest is always in my mind, and this is reflected in how I actually run my business through honesty and transparency, treating you as a friend who I actually want to help because I do. It's reflected in how I don't promote anything I've never used before, because I only want to promote things that will help you and that are useful.

I always do my due diligence before recommending anything or even linking out to something on my blog, and it's reflected in the detailed and lengthy posts and tutorials that I write and give away for free, and the fact that I'm always looking to improve my delivery skills.

I'm currently working with a speaking mentor to work on my presentation skills for my upcoming presentations in 2013, starting with the [New Media Expo](#) in Las Vegas in January. I'll be speaking January 8th at 11:45am on January 8th in Vegas, that's at the Rio hotel. So I'd love to see you there!

But anyways, all this to say that everything I do in my business is for you. And even when I'm trying to improve my own skills, that's so I can better deliver information to you, because I want you to succeed. I get a kick out of seeing you take action and getting results. That's what I want. I love that!

So you are my first priority within my business. The second priority is just to make sure I'm always being myself. In other words, to never act out of character, to never do things that I don't think should be done or would be right in my business just for the sake of improving the business or earning more income.

The moment I go against my own self in my business, that's the moment I compromise what my business is all about, which is helping people, being honest and being upfront with people. So first you, then being myself.

Third is growth. I always want to be growing my business, adapting to new changes and exploring new avenues for traffic and getting in front of new people who would



never have found me otherwise, and this is reflected in my "be everywhere" strategy going into podcasting and YouTube videos now, also an Amazon book which I'm working on still.

I'm also always keeping track of my stats and also my earnings each month, so I can see how much I've grown. And if I'm not growing, if I'm falling back, I can see what's going on and act accordingly.

Priority #4: Prestige

I would be lying if I didn't say that I was doing a lot of this for me, too. You know, I'm just being honest. We should all be doing a lot of this for ourselves, too. But as far as prestige goes, a lot of people admire and respect what I do. And I don't take that lightly, and I want to be known for the things that I'm currently being known for. Things that are hopefully in line with #1 and #2, which are helping you--the audience--and number 2, doing things as myself in an honest and transparent way.

You know, I don't want to become filthy famous like I walk down the street and people recognize who I am--which only happened once at a Trader Joe's here in San Diego, and it's always very weird to me when it happens at events and stuff. I can't imagine doing that every day.

But I would love to be recognized highly for the work that I do because it's something worth admiring. I hope that doesn't seem too selfish or sound weird, that I want prestige. That's why I put myself out there, I want to be known for this stuff, and I want to help people, but I feel like if I'm going to be known for something, I want it to be for the right reasons. So that's prestige.

Priority #5: Earnings

All businesses should have earnings as one of their priorities. A business isn't a business without any income. But many businesses seem to place it too high on their list, which is, I think, what gets them into trouble sometimes. It's important to keep track of your earnings and expenses, to maximize those earnings and minimize those expenses.

And from my experience, in all businesses I've been a part of, from Green Exam Academy from Smart Passive Income, and even my security guard training site, the more people I can help, the more earnings come my way. This is why earnings are at the bottom of this list, because everything else before this will just increase the



earnings on its own.

So those are my business priorities. The most important thing to remember is, and this is how we'll finish off the show today, is that there's really no such thing as a perfectly balanced life, where X% of your life is dedicated to this, and X% is dedicated to that, and so on. There's no perfect formula, and there's no way any person can be 100% balanced 100% of the time. But it's just about understanding what it is that's really important to you. And is what you're doing reflecting that?

And if not, if you don't feel like you're 100% balanced right now, that is totally OK. Life gets out of balance sometimes! Don't feel guilty about it! Don't let it ruin you! Because when you feel guilty about the fact that your life isn't 100% balanced--which it probably isn't most of the time. Mine isn't. It affects other parts of your life, too, and you don't need that.

Life throws curve balls our way all the time, and it's not about how off-balanced those pitches make us that define who we are and how we live our lives, or how happy we are. It's how quick we are to get back up to the plate. It's how we react to the things that throw us off balance that define us.

And if you understand your priorities and are always working toward making sure you have them straight, then you have nothing to worry about. Life can throw you whatever it wants, and you can get right back up and move forward because you know what's important to you.

So for me, with our new daughter in our lives, it's definitely throwing us out of whack for a little bit, especially with our sleeping schedule and my work schedule, but I know things will work out. They always do, because I know what's important to me, and I know that I'm going to somehow, some way--you know, there's no magic formula--figure out a way to work towards a balanced life, to be able to get stuff done in my business, but also be there with my family, making sure that when I'm with my family, I'm actually with my family physically and mentally, and when I'm working I'm being extremely focused, extremely efficient, distraction free.

So thank you for letting me get a little bit deep with you today, it's a little different in that regard, and allowing me to share these feelings with you, and get a little personal with you, and I hope that when this recording ends, you can reflect, even just for a second, on what your priorities are, and if what you're doing right now reflects what's important to you. Thanks again, and here's to you and your success, and here's to



leading by example.

Oh! I almost forgot--if you want to check out the new mobile web app version of the Smart Passive Income blog, just go ahead and take your smartphone or your iPad or your mobile device or whatever, go to smartpassiveincome.com and you'll be prompted to see the web app version.

This is brand new. Click "okay", BOOM you'll see the site. It's much easier to digest than if you were to go to the regular desktop version. And it's connected to a lot of my social media accounts too--an Instagram account, Facebook, Twitter. Yeah. Doesn't matter what device you're on, check it out, let me know what you think, and leave a comment. Show notes are smartpassiveincome.com/session47. Thank you so much! Peace.

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