

# Careers

## Did you know?

**“Take care of your body. It’s the only place you have to live.” - Jim Rohn**

## Avoid Burning Out

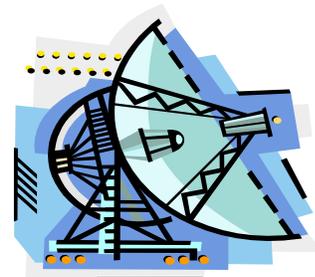
I am sure you have heard the saying, ‘you cannot pour from an empty cup.’ This is why you need to learn to take care of yourself. Keeping yourself motivated is an inside job. You might do an excellent job at creating the right environment and getting the requisite resources to succeed, but if you are not taking care of yourself, you will not be able to stay motivated for very long. It is hard to keep pushing yourself to do more when your

body is already falling apart under the pressure. Achieving success at the expense of your health is not a very wise idea. It is equally unwise to neglect your family and friends in the process. While it is true that sacrifices will need to be made, your health and relationships should not be one of them. In short, it will be much easier to motivate a healthy mind and body.

How, when and

what we eat, has a huge bearing on how well our bodies will perform under pressure. It is easy to begin to neglect your diet when you are focusing all your time, energy and resources on becoming successful.

.The average human being needs about 7 – 9 hours of rest each day. Getting sufficient sleep is one of the most essential aspects of finding the right work / life



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balance. Unfortunately, with the demands of earning a living, caring for your family and pushing yourself to meet your goals, sacrificing sleep might seem like the only logical solution to getting everything done. In fact, some people even reason that sleepless nights

## Take some time to enjoy the fruits of your labor

are synonymous with success. Not getting enough sleep will mean that your body will not get enough time to repair and charge itself up.

Your family is your strength. The stronger the rela-

tionships in your family unit, the happier you will be. When you lovingly make time for your family despite your endeavors to be great, they will in turn lovingly support your hopes and dreams.

There are very few

people in this world that enjoy exercise. Constantly feeling fatigued and achy is a sign that you may need to get more exercise.

A life without recreation will not be very enjoyable. And a miserable, depressed mind is one that cannot

focus on achieving anything. If you push yourself too hard and do not take some time to enjoy life you will burn out quite easily. Take some time to enjoy the fruits of your labor with the ones you love. Believe it or not, recreation plays a very important role in your success.

**“People who cannot find time for recreation are obliged sooner or later to find time for illness.”- John Wanamaker**