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# Is Work-life Balance More Important Than Career Advancement

## Outline

### 1. Introduction

Thesis statement: Work-life balance is, indeed, more important than career advancement. In fact, it helps in managing personal growth, family responsibilities, and a bright future. Hence, a balanced life style creates difference between a man and a machine, that helps in building a progressive nation.

### 2. Understanding the importance of a balanced life-style in comparison to career advancement

3. Work-life balance is a key <sup>to</sup> spend a well-accomplished life (Thesis)

a. Time for one's own self  
e.g., meditation and yoga

b. Gives a man opportunity to explore more fields

c. Enough time to spend with family members e.g., concept of traditional family systems

d. Brings mental peace and helps in developing healthy habits e.g., healthy body has a healthy mind

e. Highest productivity rate in personal and professional life e.g., Working women like Sharmila Obaid Chinnai

f. Necessary for a progressive society and a nation e.g., less spending on health issues

4. Career advancement is an only way to grow in modern times (Anti thesis)

a. Saves a man from old-age regrets that he spent time on unproductive activities e.g., Tuesdays with morrie: book

b. Necessary to build a comfortable life style for family e.g., Daily wage of <sup>Rs.</sup> 37000/- is not enough

c. Career advancement bridges class division e.g., Business Tycoon Malik Rana

d. A tool to develop better social status and to earn respect e.g., workaholic politicians

e. Career advancement helps in getting early retirement e.g., ~~old~~ out-date concept of retirement in 65-years age

f. Beneficial for economic development of a developing country e.g., 1.8 bn population of China

5. Work-life balance overtakes <sup>the</sup> dedicated workaholic culture, with cross-cutting benefits (Synthesis)

a. Career advancement does not guarantee family comfort, its the time spend with loved ones e.g., old-age homes

b. Social status is earned through serving the humanity in free time

c. Class differences are bridged through mutual harmony e.g., 100 houses built by Hadiqa Kiyani

d. Balanced life creates a difference between a man and a machine e.g,

Rule of 12 hours work for humans

e. States stand on human development

not only on economic development

e.g, Book "A monk who sold his Ferrari"

"Early to bed and early to rise makes a man healthy, wealthy and wise" - is a most famous proverb that encapsulates the virtues of a disciplined living. It helps in managing personal growth, family responsibilities and ~~to~~<sup>in</sup> achieving a bright future.

A difference between a man and a machine can be seen through well-balanced practices between

the two. A man, who tries to create a discipline, always have time for himself as well as his

family. He gets mental peace in return that increases his productivity

rate in personal and professional settings. The increase in productivity

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means ~~an~~ progressive society and nation that spends more on economic development and not on basic health issues. However, the proponents of workaholic culture believe that it saves a man from old-age regrets like wasting time. A workaholic man builds a comfortable life for his family and bridges a class division. He also gets an early retirement and does not become a burden on the national exchequer, but helps in its growth. Still, a work-life balance overtakes the idea of career advancement by building social, family, and economic ties. It promotes <sup>the principles of</sup> humanity, harmony and mutual respect and does not make a man "a machine".

Hence, it helps in both human development and economic development.

Balanced life style means managing twenty-four hours in way that a man has time for himself, his family, as well as his work.

A human is a social animal and he cannot spend life alone. He is dependent on others for his daily tasks and spending time on only one task would rupture the social fabric. Whereas, the concept of advanced career means to spend maximum portion of 24-hours working on a specific task. It leaves a man in isolation and cuts his ties with <sup>other</sup> humans and his responsibilities. Hypothetically speaking, it can guarantee a bright future in 20 years, what takes a man with balanced approach to achieve in 40-years. He ends <sup>up</sup> with no family and around him to clap for his success, and to take care of his deteriorated health.

A balanced life, actually grants time to a man to spend on himself.

A man has time for everybody except for himself - is often complaint by various individuals. When a man <sup>carefully</sup> divides 24-hours in shorter

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segments to perform different activities he ends up having crucial time for himself. Practices like meditation and yoga is an example of it. People who dedicate one hour of a day for meditation and yoga, in fact exemplify the idea of a balanced life-style. They spend early hours of a day, freshen-up their bodies that boost their energy to keep going for the rest of the day. It implies that well-managed time ensures a man has time for himself before serving and working for others.

Not only personal time, it also leaves enough room that a man can <sup>explore</sup> more fields and professions.

It is another complaint of youngsters that they are unaware of their lives' purpose. They have to manage studies, internships and other daily tasks which does not permit to explore more fields.

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It is actually the reflection of those students and professionals who spend minimum time working on one task and cannot manage a balance. Eventually, they end up working for one company for as long as their health allows. However, we still have ~~an~~ examples of people, who manage their studies, jobs, and explore other fields like Dhruv Rathier, a youtuber, educationist, <sup>political</sup> analyst and a polymath. He gives credit of his success to a well-managed life-style. Indeed, only a balanced approach is a basic tool to manage between responsibilities and to keep exploring other fields.

It further helps in spending time with family members most of the people lack time to spend time ~~with~~ with their loved ones. The concept of balancing work life and family life, is to does not work at the cost of one's family. In countries like Pakistan, that have



a traditional family setup - spending time with family holds much significance. Male family members work in day time and invest time in their parents, children, and wives in evening and night. They sit together and have a family dinner, where everyone discusses day to day routine. It helps in earning a livelihood and celebrating family festivals on daily basis. To simply put, a dedicated and well-managed time gives a man enough time to spend with his family members.

A man who has time for his family, also finds mental peace and develops healthy habits by managing his time. Mental peace, these days, is more of an asset. If a man is burdened with excessive work, his mental health gets affected by it. It also ~~gives~~ gives a chance that a man might develop bad habits, e.g., smoking and drinking to cope

up with his mental conditions. A man, who works at the time of work and rests at the time of rest, is considered a healthy person. A proverb "healthy body has a healthy mind" supports this idea. It means that someone who works at the time of rest, ~~creates~~ room for depression, anxiety and stress that leads to smoking and drinking. Hence, balanced approach in life brings peace and healthy habits.

A healthy mindset leads to<sup>a</sup> highest productivity rate in personal and professional life. Productivity through constant work, in fact, it is achieved through taking small breaks in between. Continuous working actually results into mental clogging. Life-management coaches often teach that work for 50-minutes and then take 10 minutes break to refresh muscle memory. Let's take the example of Pakistan's first

Oscar holder filmmaker Sharmin Obaid Chinoi - who filmed acid attacks <sup>happening</sup> in Pakistan. The core of her achievements is that she spent time on observing social stigmas and anti-women social practices. She managed her time to learn from her surroundings and then she filmed a master piece. It produced highest productivity in her personal and professional life - a true example of work-life balance.

At a large level, balanced life style results in a progressive society and a progressive nation.

The very first victim of ill-managed time is a person himself, then his family, a society, and eventually a nation. A man who only spends time on his work often develops health issues as discussed earlier. It results in higher government's spending on health issues. In case of Pakistan, government

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spent <sup>Rs.</sup> 843.2 billion on health. It could have been spent on other development work, if at an individual level one focuses on managing his time well to look after himself.

It raises healthy individuals and progressed economy with the help of healthy life styles. Hence, disciplined life limits spending on issues which can be avoided with reasonable approach to manage work and health side - by side.

On the other hand, proponents of advanced careers ~~growth~~ argue that it saves a man from old-age regrets that he spent his time on unproductive activities. Time is a wealth of a man. It is the most expensive commodity of modern times.

One cannot waste it with friends and unnecessary social gatherings.

One has to be responsible towards his time. The author of a memoir "Tuesdays with Morrie" wrote that

he does not have any regret of wasting his time. He spent crucial hours of his youth in achieving his life goals, and he is satisfied with his achievements? It means that advancement of goals and careers saves a man from old-age regrets.

↳ Likewise, dedication towards one's career is necessary to build a comfortable lifestyle for family members. It is 21st century, and one has to fulfil expensive needs of his family members. In Pakistan, daily wage of a labourer is Rs. 37000/- which is not enough to manage a household. So, many people focus on the advancement of their careers, few work extra hours, few do double-jobs to become self-sufficient to manage their lives. Sooner the advancement is achieved, better to aim for more to build a comfortable life style for family members.

To conclude, it is crucial during inflation and low wage era to focus solely on career advancement.

It further bridges the class divided. It is a tool to fix class division currently prevalent in Pakistan. Classes are divided on the basis on wealth, so once the wealth is acquired this division ends. We have an example of a business tycoon of Pakistan Malik Riaz, who started from scratch and established Bahria Town - a well-known housing society. He was focused on his career, dedicated all his time to his work, and became a name of most powerful, influential and wealthy <sup>person</sup> people of the country. It implies that focused and dedicated approach bridges class division and makes a man powerful.