

2010 Resolution

Live a Balanced Life or Be a Super-Smart Robot

By Krystianna Nguyen, Ph.D.



Are you ready to tackle your 2010 New Year's resolutions? What is your New Year's resolution for 2010? To pay off your student loans? To buy a few more condos by the beach? To get married? To learn to play a new musical instrument? To retire early?

Let's take a few moments to reflect back on our lives. Have we lived our lives or just gone through life motions like a super-smart robot? What have we accomplished thus far? We have accomplished many things in life, haven't we? We've spent years of schooling to get our degrees and some of us have been working for years with successful careers. Some of us have accomplished many personal and professional milestones in life that are beyond our imaginations. However, are we satisfied with who we are, what we have, and what we wanted to do in the future? Isn't it true that human beings always quest for knowledge and are not happy with what we have? Somehow the grass is always greener on the other side of the fence.

Do you know why someone else seems to be happier than others? With respect to all of those achievements, challenges, changes, and struggles, are you ready to live a balanced life in 2010? The

current state of the economy has in some way touched all of us directly or indirectly. Do we want to think about New Year's resolution during this uncertain economy? Experts agree that now more than ever, you would need to live a work/life balance because it will help you stay healthy during this tough time.

Even if you are a super-smart robot so far in your life, would you agree with me that you are still human beings? You have sufferings, goals, hopes and dreams. A famous psychologist who has developed a well-known human motivation theory, Abraham Maslow, stated that human beings cannot obtain perfection. It is a mistake to try to be a perfect human being even if you think you are at the "self-actualization" stage.

According to Maslow's hierarchy of needs theory we are motivated by our needs and we need to fulfill our basic needs first and then climb up the levels to achieve self-actualization; the highest stage. The first stage is about the physiological and it included the needs to have food, water, sleep, and air. The second stage revolves around safety and it includes the safety of body, family, employment, resources, health, and property. The third stage addresses the need to have love/belonging which includes family, friends, and intimacy.

To Achieve Work/Life Balance



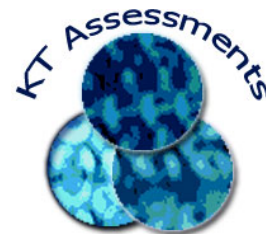
The fourth stage is about the need to have esteem and includes confidence, achievement, self-esteem, respect by others, and respect of others. The fifth stage is the need to have self-actualization and it includes morality, spontaneity, problem solving, lack of prejudice, acceptance of facts, and creativity.

We can assume that the five stages of Maslow's motivation theory are the three aspects of physical, mental/emotion, and spiritual that we need to fulfill to live a balance life. The first and second stages can be seen as the physical aspect, third and fourth stages can be seen as the mental/emotion aspect and the fifth stage can be seen as the spiritual aspect.

How do you live a balanced life?

The first thing we need to do is to recognize that we are not perfect and no matter how much we are going to try, we cannot be perfect human beings. We can try to live our lives the best we can by making a commitment to carry out the three aspects of physical, mental, and spiritual. I am not saying that you should not do a perfect job at your workplace. In fact, given the important of health care professions, you have to be perfect in your job otherwise you will be out of work. However, if you were financially successful and perhaps concentrating on your career, you may not have spent enough time to work on our emotions and self-actualization. Perhaps, it is time to make a commitment to achieve self-actualization so you can achieve the work/life balance.

Make the commitment to do an annual or quarterly assessment on what you have and what you need to have physically, emotionally, and spiritually. To celebrate 2010, protect your loved ones by taking care of yourself physically, emotionally, and spiritually. Will you live a balanced life or be a super-smart robot - it is your choice.



Krystianna Nguyen, Ph. D. is a consultant at

KT Assessments LLC

Phone
1-813-454-4220

Fax
1-888-315-5822

Email
info@ktassessments.com

Website
www.KTAssessments.com

Member of American College of Healthcare Executives