

Achieving Balance

For most leaders, finding joy in their leadership position is being able to balance those responsibilities with other important aspects of life. Your other commitments could include work, academics, family, faith, service, sports, or anything else that is important to your core identities. Making sure that you find time to nurture all of these aspects will help to make you feel whole and balanced.



How much can you realistically juggle?

As a leader, you will probably be asked to take on a lot. Think about it...when you want something done, who do you ask? A busy person of course! Which of the extra commitments can you let go of and still be happy in life? Things that take up a lot of your time and do not bring much personal growth may be a good place to start eliminating. And no, academics don't count!

Negotiate No – While you don't have to say no to everything from now on, make sure you take on projects of a reasonable scale and due date. Learning to say no is difficult, but explain to the person that you cannot complete the project satisfactorily at this time. Ask for them to keep you in mind for future projects when you are less busy. If there is a project you really want to take on but need more time, see if you can have an extra weekend or so to get it done.

Magis: an Ignatian term that means “more” and is equated with



generosity, virtues of being great in heart & mind, and selflessness. Our concept of the *Magis* is derived from the Principle and Foundation of the Spiritual Exercises of St. Ignatius Loyola, and is concerned that we choose what will most contribute to our life of love and service. Thus, we need to deliberate in prayer and choose well,

leading us to more of the original purpose for which we were created. A person needs to ask, “Given my responsibilities, my gifts and talents, my weaknesses, and limitations, how can I best embrace this desire to be a man or a woman for others?” Often to arrive at a good decision, we may

be required to engage in careful thought and possibly converse with someone who knows us well and whom we can trust.

There will be times after our reflection on our life situation when we need to say “No, I cannot add one more task to my present commitments,” and this is operating from the Ignatian Magis. The goal of the Ignatius’ writings is to help us put order into our lives and to achieve a spiritual balance which enables us to be free to choose what is more conducive to our praise, reverence, and service of God.

-derived from Magis by Fran Daly, SJ (http://www.jesuits-chi.org/contribute/magis_handout.pdf)

Care of Self is making sure all your needs are met on a spiritual, physical, emotional, and intellectual level. One of the most neglected activities for college students is sleep. Most health experts recommend 8 hours of sleep per night along with going to bed and getting up around the same time every day. Students who sleep the night before an exam tend to get better grades compared to students who stay up all night cramming because sleep is linked to memory. How do you go about changing your habits? Planning and [time management](#). *To sleep, perchance to learn...*