My daughter was given an incredibly complex “piano” as a gift before she was born. It features an infant seat in the middle that slides left and right and turns 360°. When she is really “feeling the beat,” she will play with all of the toys on this contraption, one following another, and ends up producing an identifiable pattern if I watch her long enough: ring the bell, turn to the side, spin the toy on the left, turn to the front, play the keyboard, walk to the side, chew on the tambourine, turn to the back, spin the mirror, and do it all over again. She can definitely wear herself out this way, but I smile when I see her going to work on this over-stimulator because it reminds me of life—or more specifically—work and life.

She and her favorite toy are a microcosm for everything we do. Of course, our patterns get more complex, and every once in a while, a wrench is thrown into the plans (or the batteries die), causing us to make changes. But, as I discovered recently, humans seem to be very task-oriented from a young age.

Other times, I see her struggle to learn something new—right now she is working on balancing on her own two feet—which reminds me not to get bogged down with the everyday stuff—go to work, check my emails, write something, reserve something, order something, go home, do the dishes, do the laundry, vacuum the floor. Did I eat?

It reminds me that although my time is limited, I must find time to engage in things other than tasks. I should find some time to read something other than an article for work or a children’s book. Growth does not cease at 18 years; it doesn’t stop with a bachelor’s degree, a master’s degree, or a PhD. Growth does not cease at age 18, but it continues...and grows more complex. When the batteries of life (or the batteries die) and we start to lose our ability to do new things, we may find that we must change the activities we choose to do. The phrase “work-life balance,” while unavoidable as jargon, implies far too much about life and work and human beings to be usable in any real sense. As Craig Chappelow for FastCompany.com claims, the “…myth compels many of us to view an ideal life as a set of perfectly level scales. On the tray on one side is your personal life. On the other side is your work life. With heroic efforts, you can keep both trays exactly level...In reality, that perfect balance almost never occurs, except for those rare, fleeting moments when the trays pass each other on the way up or down” (Work/Life Balance is a Myth). Chappelow rejects the balancing of the scales and claims that what really matters is control. According to Chappelow, most often, it is the experts, senior leaders, whose expertise gives them control at work, who in the realm of “life” lose their expertise, and thus, their control. They prefer “work” over “life.” Therefore, Chappelow suggests that the sooner we become leaders of our own lives (not just work), “the better prepared we are to deal with this unending juggle.” Read the full article at www.fastcompany.com/1810054/