

How to Juggle Family, Marriage & Work Effectively

By Aurelia Williams

In today's society, we tend to be jack-of-all-trades. Gone are the days where the man of the house worked while the woman tended to the children and the household. While this may still be the case in a few households, it is not typically the norm anymore.

Having a career is usually necessary in today's economy. However, if people are not happy at home, they will generally not thrive in the workplace. Since problems at home can affect a person's attitude at work, maintaining a happy home environment is crucial to success at work.

Most households need a double income to survive, which may not leave much time for leisurely family activities. The end of the day can be tiring and weekends are generally reserved for chores that are not done during the week. Despite these conditions, it is not impossible to manage a marriage, family and work effectively.

Family life relies heavily on the strength of a marriage. Working full time and juggling family duties may put a strain on a marriage if a couple do not spend quality time together alone. While it is important to spend time as a family, it is equally, if not more, important to spend time as a couple. Small budgets should not be a deterrent to spending time together. There are several ways to bond without breaking the family budget.

Some ideas for spending quality time together include watching movies together, spending an extra hour in bed in the morning and having a monthly or even weekly date night. Simple activities that allow for communication and quality time will usually strengthen a marriage. It is important to remember that without effective communication and bonding time, a family can fall apart at the seams.

Family activities are important too. Taking a picnic is a wonderful way to bond as a family and to catch up on the new events in each family member's lives. Spending time together as a family helps to strengthen the bond between parents and children as well as the bond between the parents themselves. Taking family strolls or even sitting down to eat dinner together to discuss the day's events all help to increase the strength of a family.



Juggling a marriage, a family and a career can be a tedious and downright challenging task. At the end of the week, most people want to rest or catch up on chores that were left unfinished during the week. Here's a better idea: take that free time and spend it with your spouse and with your children.

Chores will always be a part of life, but family time is so important and it tends to be put on the back burner or taken for granted. The tip to leading a successful career, family and marriage is to set your priorities straight; after all, happiness does come from the heart.

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