**The Downside of Work-Life Balance**

Life is always been the very hot topic, and making it balance is always the complex topic. According to Author “**James Clear**” the life is divided into four aspects which he mainly called it the “**Four Burners of life**”. These burners are

* **Family**
* **Friends**
* **Health**
* **Work**

The most important part of life is to make balance between them. Most of the people gives “Work” the most importance that disturbs the balance of the life. Every aspect in itself plays an important role to the life and ignorance of the single aspect, imbalances the life circle and makes the life stressful.

In this article “James Clear” states how to overcome the imbalance and makes the “Work-Life Balance”. He stated that we could “**merge two similar aspects**” as a single entity like (friends and family) and (work and health). It makes the four aspects to divide into two groups. It will make easier for us to manage all these four aspects.

Further, the author also explains how to overcome downside of work-life balance. On the top he discusses about “**outsourcing the aspects**” which means that we are dividing our work to be done by others, so that aspect will not be ignored and we would save some of our time. The second way to handle that problem is “**embrace your limitations**”, we are always wondering to save time in order to cash more money but we always complains about less time to do work. Rather than making wishes, we should try to learn manage our time and make small ambitions. Lastly he told us to make “**Seasons of life**”, we can set priorities to particular aspects in the specific season of life. With the changing of faze of life we could change our priorities.

**Conclusion**

Life should be like the destination having goals and priorities that we should have to achieve**.** If we do not efficiently manage our life, it is that time where our downfall started and we just blames it to the system rather than spending our life purposefully and in a controlled behaviour.