



**Texas Bandmasters Association
Convention/Clinic July 26-28, 2018**

**Success Without Self-Sacrifice:
Balancing Work & Home**

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**HENRY B. GONZALEZ CONVENTION CENTER
SAN ANTONIO, TEXAS**

Success Without Self-Sacrifice: Work & Home Life Balance

July 28, 2018

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“Imagine life as a game in which you are juggling some five balls in the air. You name them—work, family, health, friends and spirit and you’re keeping all of these in the air. **You will soon understand that work is a rubber ball.** If you drop it, it will bounce back. But the other four balls—family, health, friends, and spirit—are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged, or even shattered. They will never be the same. You must understand that and strive for balance in your life.”

—Brian Dyson, former vice chairman and COO of Coca-Cola

"Most of us spend too much time on what is urgent and not enough time on what is important."

—Stephen R. Covey

I was hired to _____,
not to _____.

Busy work keeps you at school, not teaching.

Quality Time vs. Time Spent

- Email
- Grades
- Planning
- Pretty Documents

We need to do a better job of putting ourselves higher on our own ‘to do’ list.”

—First Lady Michelle Obama

When was the last time you stood in the shower thinking about:

- Mental Health
- Physical Health
- Social Health

“By failing to prepare, you are preparing to fail.” – Benjamin Franklin

My professional goal for this year is (*pick one*): _____

To achieve this I need to: _____

_____.

I waste too much time: _____

_____.

My personal goal for this year is (*pick one*): _____

To achieve this I need to: _____

_____.

I waste too much time: _____

_____.

“Progress isn't made by early risers. It's made by lazy men trying to find easier ways to do something.”

— Robert A. Heinlein