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This video highlights the an important challenge currently facing our society, how to balance demands at work and life at the same time without compromising either one.

In the video tells us the story of a man, who appears to have a perfect life with a good stable job, a wife and kid at home. He feels content with life. He works at his firm with determination so he can fulfill all his financial obligations to provide his family with a comfortable life. Every day he gets up in the morning heads to work. He puts his mind and energy to his work. After a tiring day at his firm he looks forward to his little heaven at home. He opens the door exhausted and depleted from the stress of the day but one look at his daughter rushing towards him screaming "daddy" makes it all worth it. His smiling wife also welcomes him home with a radiant smile on her face and love in her eyes. They have dinner together as his wife and enjoy each other's company. He plays with his daughter before retiring to bed. He is content and thinks life is beautiful. He forgets all the stress of the day and is refueled to face another day of grueling work.

Life goes on but with time his profession demands more and more of his time. He takes on extra work to keep his job. Now he starts coming home later and later. No daughter waits for him at the door as she is already in bed fast asleep. Sometimes he is so tired he doesn't have the energy to bother playing with his daughter. He eats alone because of the late hour. There is no one there to give him companionship as his wife is also asleep or tired after a hard day of taking care of the house and the family while he is away. With time he becomes more and more distanced from his family and doesn't even realize it. Now he doesn't bother to think about these things, they are a trivial part of his life, earning money and his job become the priority in his life. This continues and he becomes a stranger in his own house. His life is running parallel to the life of his family members, like the train tracks that run together but never meet. He feel every lonely in a house full of people that were once his family.

Before he realizes his mistakes of choosing his career over his family it is too late. They say time doesn't wait for no one. You don't always get a second chance to rewind time and make better choices in life. Now he is old, tired, and filled with regrets. He realizes that his profession took his life and family away. He is sad and depressed to think that how could he be so naïve to make his profession his LIFE. Now he has all the money in the world but no happiness, no love, no joy, and no one to share his life with.

This has now become an everyday household story. In the present scenario, a vast majority of people seem to be working longer and harder than ever before and as a consequence are finding it ever more difficult to achieve a much desired work-life balance. In our society, we call obsessive-compulsive behavior a disorder. People take medication to combat it. But when we demonstrate obsessive-compulsive behavior about work and making money, it is considered completely normal, a 'sacred hunger', and is amply rewarded. But is it all worth it? I do not believe the rewards are worth it. In my opinion if all you do is work and miss out on other pleasure of life like family, friends it can lead to depression and have negative consequences on your health as well. You would lose your purpose for working. Work is important of course but living, enjoying all that life has to offer is important too. Having fun, and joy with your family is equally important. Having time for your self is necessary. You only get one chance to live your life. One needs to learn to balance work and family. You should be able to organize your workday efficiently and work hard for the hours you are at. Similarly, if you carefully plan the activities you do in your time off that truly recharge you, that bring you pleasure, joy and rest, and then you are energized and able to perform well at work. You have the perspective, objectivity and adequate rest to bring your best focus to the job. That, to me is work-life balance. After all at the death bed no one ever wishes he had spent more time at work but everyone wishes he had spent more time with his family and friends and enjoyed life.