

Work Hard, Play Hard by Adriaan

This is a saying I am sure we've all heard many times in the past. This is a great concept, but in practice, how easy is it to really apply to our lives on a consistent basis?

During my time in the corporate world, I've heard the phrase "work vs life balance" been branded around so often, but what does it really mean? Life is not like a balance sheet or a budget that you can simply "balance". Our world is changing at a rapid rate and, to keep up with those changes, we need to change or evolve on an ongoing basis. However, there are certain things in life that never change, our faith, our values, our integrity, etc. So perhaps a better way to articulate work/life balance is to rather consider work/life integration. What do I mean by that?

Technology, amplified by the Covid-19 pandemic, has created new trends in how we apply ourselves to the work and play areas of our lives daily. Hence, work/life integration happened to many of us without us planning it. One principal remains key to work and life and that is time management. We all only have 24 hours in a day. How we utilize these 24 hours a day, compounded over months and years, ultimately becomes our future. Life is a loop of a hierarchy of priorities. Your priorities might look different to mine, but one thing that is a key underpin to our priorities, is our purpose and our identity. I have seen good friends losing their job at a corporate business after many years of service, totally lost because they did not only lose their job, but their identity too. Often, a few years later, those people were very different and much happier, as losing their job forced them to find their true personal identity and, sometimes, a completely different career path too.

I feel truly blessed in that I love what I do from a work perspective and hence, working long hours when needed is no problem. I also love spending time with my family and friends and as an introvert, I do enjoy spending time completely on my own too. The art of balancing all these priorities is guided by my purpose and remains a learning curve. A trick I learnt from a good friend of mine is to start each year with all our holidays, long weekends and break away weekends marked off in our diaries. We try to get away for a weekend at least once a month.

This has a couple of effects:

- We always have a breakaway in the near future to look forward to.
- I can, to a large extent, plan my work calendar to accommodate my leisure calendar – work hard, play hard.
- I can sometimes even include some work elements into our leisure session, for example, seeing a client in Winterton when we do our next camping trip to Mount Splendor.
- Since all these breakaway cost money, I know what financial goals I need to achieve during the year to afford all these breakaway sessions and holidays.

I grew up in a camping family and one of my favorite things to do and to look forward to is our monthly camping trips. We are truly blessed to have a wide variety of excellent camp sites within a 2-hour drive radius from where we live. This means we can leave at 15h00 on a Friday afternoon and have our camp ready with a fire blazing and glass of wine in hand before sunset.

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After a weekend camping session, I always find myself returning to my office on a Monday feeling revigorated, refreshed and ready to change my world for the better. For you, it might be something else. Whatever it is, I want to encourage you to get it marked of in your diary. Do the things you love to do a regular basis. If you are lucky, work is one of those things you love to do, but like with everything else in life, don't let too much of a good thing become a bad thing.

Work at ticking off your bucket list items and have those amazing experiences that this wonderful life has to offer.

Kind regards,



Adriaan Giessing CFA

Head of Distribution

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