



# The Juggling Act: Bringing Balance to Your Faith, Family, and Work

*Pat Gelsinger*

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Lunch is reserved for meetings, technology makes us available anytime, anywhere-and somewhere along the way 9-to-5 morphed into 24/7, and technology makes us available anytime, anywhere. Our demanding schedules crowd out what matters most: family, friends, even our faith. Although it may feel like you're living under the Big Top, take heart. You don't have to be a circus professional to keep all the plates spinning.

Pat Gelsinger understands this challenge. As a prominent executive in the Silicon Valley, Pat struggled to juggle\* a thriving career with his family. Pat's pursuit of balance led him to dynamic truths that revolutionized his approach to life.

*The Juggling Act* shares Pat's time-tested wisdom for keeping your life in perspective. This updated and expanded revision (formerly *Balancing Your Family, Faith & Work*) details the guidelines for balanced living, with insights on:

- Prioritizing your work, family, and God
- Developing a personal mission statement
- Becoming an effective employee
- Creating a support system
- Sharing your faith in the workplace

Take a meeting with *The Juggling Act*. And get your professional-and personal-life on the fast track to success.

Watch tips from Pat Gelsinger on balancing your faith, family, and work.  **Q:** Any key tools or guidelines to help manage balance in your life?

### **Watch Pat Gelsinger's Answer**

#### **More from Pat Gelsinger**



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