

THE SCIENCE OF SYSTEMATIC APPROACH TO BALANCE LIFE AND WORK

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“In every problem, there is always a solution.”

This quotation has been widely heard by many people even from the past. In fact, it talks about a certain solution that can be applied to different problems. What could it be? The answer is: a system. Systematic working is a useful tool in addressing certain and even complex problems. In a variety of ways like life troubles and working issues, systems are there to pacify things. Systems in life provide effective thinking that may lead every individual to come up with a better decision. For instance, to overcome these challenges, we need to arrange things systematically as it provides an avenue for effective, organized, and rational thinking. It allows us to decide maturely and efficiently

Furthermore, the processes that involve a system are interconnected; series of steps are a prerequisite of each part. One may lead to a better result if each process is properly addressed. A person cannot formulate a sound decision without systematically understanding it. A consideration of various things such as the possible consequences and its effects to other people must be taken into account. Another way system is deemed very beneficial is when one starts with bigger problems and narrow it down to the small ones. This allows efficient time management that eventually leads to the avoidance of pressure, especially in balancing work and personal life. In addition, systems are advantageous for it makes a person think not only outside of the comfort zone but even beyond the box. Thus, practicing a proper system may lead people to a more rational and firm decisions.

Through the lens of a personal experience, a systematic approach was not primarily established but this is being gradually self-absorbed through feedbacks around the environment. Fortunately, feedback helps an individual to acquire systematic thinking in a gradual manner because these criticisms and comments are constructive which can be utilized to adjust strategies.

In conclusion, there is a time frame in adopting a particular system, delays and advances are inevitable. There are portions that one must undergo longer and there are circumstances that one may encounter shortly. People cannot just leap and stick to a carrier without taking the right and allotted time to learn and to be more effective. All in all, managing a problem is always dependent to whoever has it, but if one must handle it, then he or she must handle it right.

It is very evident that in this life full of challenges and uncertainties, we must be willing to learn to balance life and work systematically.

References:

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