

When Family & Friends Trump Work

By Donna Rawady

Whether work awaits us or not, during times of personal crisis for ourselves or those we love, or when a birth extends our family ties, our priorities are crystal-clear; we choose to be fully present with our loved ones.

Lately I've been reminded there are times in our lives when family or friends should be trumping work under more ordinary circumstances. Whether it's attending a child's or grandchild's sports event, tending to a family member who may need special attention, or simply spending time with friends, we have opportunities every day to revisit and preserve our most-valued priorities.

As professionals, we tend to place a great deal of importance on our work and our professional "successes," even while we would likely agree that it's the love and support we offer one another as human beings that matters most. It's telling our family and friends that we love them, offering a word of praise or gratitude to a colleague, or helping a friend in need. It might be mentoring someone who can really benefit from our support.

According to Bronnie Ware's book, [*The Top Five Regrets of the Dying*](#), the statement, "I wish I hadn't worked so hard," holds strong in the top five regrets that the author has heard from dying patients for whom she has cared. She also says that as patients share this particular regret, they commonly reflect on wishing they had spent more time with family and friends.

I'll share a quote I have hanging up on my office wall: "Take a deep breath. Never get so busy making a living that you forget to make a life."

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