

URL: <https://stvp.stanford.edu/blog/videos/balancing-priorities>

Seelig talks about the importance of figuring out and balancing priorities. She believes it is necessary to reassess your priorities frequently, selecting a few things to focus on.



## Transcript

You can do it all, just not at the same time.. This is something I learned from a dear friend of mine.. It's one of those issues that especially comes up when you're a new parent and you had your very full life before and all of a sudden this new person lands in your life and you're trying to figure out how you can do it all plus be a good parent.. In fact, what I would say on that note is it forces you to be very creative.. It forces you to think about your priorities and it often forces you to come up with some creative solutions trying to balance all these things.. But in general, it's important to figure out what your priorities are and change them regularly.. You need to evaluate your life and say here at this point when I'm a student at Stanford, here are the three things that are most critical to me and I'm going to do those really well.. I know so many people who take on so much that what ends up happening is the ball starts falling off the table.. They start dropping balls.. They don't deliver anymore..

It is a terrible thing.. It is much better to say no to someone that you can't do something and take it off your plate, take it out of your hands so that you can keep the balls that you have in the air..