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Being Honest About the Pain Points and Problems in Your Personal Life

Everyone has issues in their personal life that they deal with that trouble them or cause problems. Many people rush through life with these things weighing on them, but they don't stop to see what's wrong that might be fixable.

If you live your life this way, then those issues can affect your work, too. You don't to just accept how things are and live with pressure and pain that can easily be avoided. You just need to get honest with yourself about what's happening, and then plan of action to remedy what's within your control.

You can't implement any plans until you can see things how they really are. No glossing over anything. No lying to yourself about just how bad or how tough things might be. It's uncomfortable but being brutally honest with yourself is the only way things will change.

Take Stock of Where Your Finances Are

One of the big areas that most people don't care to really examine is in finances. That's because they don't want to know just how bad things really might be.

People get comfortable with their spending habits.

They might desire to have more in savings or to stop living from paycheck to paycheck - but to do the work to get there can mean change. Because change can be painful, they'd rather live with the problems caused by not knowing what they should about their finances.

But you should really take the time to look at your financial picture. Getting control now can mean a better, more financially stable future going forward. Look at your debt.

One study showed that most people are at least \$50,000 or more in debt. That's not even including a mortgage. While it may not be possible for you to live your life completely debt free, you don't want to feel like it's hanging over you, either.

Debt is something that can give you many sleepless nights, especially if anything happens to shake up the comfort level. For example, you may not have anything in savings or very little.

Something happens that creates a big expense - such as a hospital bill or your vehicle needing a major repair. Because of all the debt you may have, this can cause more financial chaos for you.

This can lead to insomnia and all sorts of health issues from the stress and worry stemming from wondering what you're going to do. Often, people don't want to really know what's going on with their finances because their spending is out of control.

While you might think out of control means making big purchases that you can't afford, that's not it. Out of control spending means spending more than you have. If you've had to put necessities on a credit card, that can be a sign.

Or if you can't afford to pay off your credit card balance every month, that can be another sign. When you ignore where your finances are, this can lead to needless spending.

Needless spending means that you're usually wasting money. One example of this could be impulse buying. It can also mean that you frequently buy "trendy" or name brand things when something less expensive works just as well.

Not knowing where your finances are is something that happens to people who make a little bit of money as well as those who make a lot, but it all leads to stress - which can greatly impact your health.

Evaluate All of Your Relationships

It's not just in finances that people fall into a comfort zone or rut. This can also happen in relationships. You can get comfortable putting up with things that you shouldn't put up with.

Or you can get comfortable with your own behavior when that's one of the issues causing some problems in your relationships. It's time to get honest about the relationships in your life.

You need to evaluate what's really going on. Far too often, people talk around issues or problems. They don't get to the heart of the matter because they're afraid. They're afraid that might cause further pain.

Or worse - it could mean that the relationship would fracture permanently. So people avoid talking about the things that are troubling, painful or wrong in order to hold onto what's already not working well.

You should examine all your relationships. Sweeping things under the rug or turning a blind eye doesn't work. All that does is let issues build up. Therefore, when people have an argument, years' worth of issues can get flung about.

Those were never dealt with and now they've festered and risen to the surface. If you find that you're arguing about the same topic repeatedly in any relationship, that's a sign that there's an issue that needs to be addressed.

Examine the relationship that you have with your spouse or significant other. There aren't any relationships that are perfect. However, these relationships should be ones of mutual respect and based on a healthy partnership.

Take stock of your relationship with your kids, too. You should be able to have conversations with your kids without feeling like you're talking to the wall. There shouldn't be screaming matches, cold wars, slamming doors or anything like this.

Your relationship with your parents is also one that needs to be evaluated. As you get older, your relationship with them shifts, as it should. Sometimes, you may feel like they still treat you like a child.

That's because to them, you are their child. It can be difficult for older people to see younger ones as adults. But that doesn't mean you should put up with a relationship where you're not treated respectfully - even by your parents.

Look at the relationships that you have with your friends. You shouldn't put up with friendships that leave you emotionally drained. These kinds of friendships can be toxic because they can become co-dependent.

Your relationship with your colleagues is another relationship that needs checking. It should also be one based on respect. If you have a colleague who's always playing the victim when it comes to doing their share of work or they're always making snide comments or behaving selfishly, that should be examined.

Examine yourself, too. If you're the one whose behavior is wrong, then you need to fix that. All your relationships need to be healthy ones. By taking stock of how healthy they are, you can figure out what needs to change and how to go about making that happen.

Get a Good Reading on Your Health

Another area of life that causes people to stick their head in the sand and avoid dealing with it is in their health. Sometimes people are afraid they'll get bad news if they check on their health, so they avoid doing anything at all.

But avoiding dealing with your health can only exacerbate any health issues that you might have. You're better off getting a good reading on your health so you can know what's going on.

Don't avoid going to the doctor. This person is or should be someone who works alongside you so that you're not only at your best physical health, but they're also there to listen to any concerns that you might have.

Good health isn't something that just happens. You must know what's going on in order to live your best life. You can't do that if you don't take care of yourself. While things might look good on the outside, what's going on inside your body is important.

You won't know if something is out of balance unless you get it checked. This is the reason that your doctor orders lab work on a regular basis. What's revealed by your bloodwork and other tests gives the doctor (and you) a baseline reading of how healthy you are or aren't.

Depending on your lab work results, the doctor and you can work together on a plan to take care of your health. Once you have that baseline, then you can create a plan to make whatever changes are necessary for your lifestyle.

Sometimes people think if they just go get some labs done and those come back within range, it means they're doing everything right for their body. But that's not necessarily true.

There are some things that don't show up in lab work. One of these is your sleep health. If you're someone who has a terrible sleep routine, that won't show up at the doctor's office, but it can show up in how it impacts your health and day-to-day living.

If you're not eating healthy or skipping meals, that won't always show up in bloodwork until years down the road. Other health issues may be silent, such as not exercising or not getting enough exercise.

You don't necessarily have to be overweight to be out of shape. You can still have health issues even if you're slender because your body needs regular exercise. You might end up losing your mobility or suffering damage from being too sedentary.

Track Your Time Spent Throughout the Day

Being busy could be a result of being overloaded with responsibilities. But it could also be caused by time management issues. You may have plenty of time to get the stuff that you need and want to do done - but because you're not managing time well, it seems like you don't.

When you have time management issues, this can cause problems in your life and impair your personal satisfaction. Sometimes people don't realize that it's a lack of proper time management that's causing the issues, but there are ways that you can figure out if that's what's going on.

If you find that you're always rushing, that can be a sign. You might not necessarily even be rushed, but just *feel* rushed. That's a clue that you've got a lot of stuff weighing on you.

Things might be so hectic that you feel like you're running from one task to the next and never really able to give 100% of your effort because there's always pressured to keep going and move on to the next thing you have to deal with.

Another sign that you need to track your time is if you're feeling exhausted. There's the kind of exhaustion that affects a person physically from being overactive, but there's another kind of exhaustion.

The mental exhaustion that you can experience because you're always rushing around and you're crunched for time can take a toll on your body, your relationships, and your work performance.

You may not realize that you're having struggles with time management. You might think that you're just busy. But if you find that you don't have time for self-care, it means that your time is being mismanaged.

Mismanaging time isn't usually a deliberate thing. It just happens. But one of the first things that most people let go of is self-care. They don't eat right or exercise. They don't get enough sleep on a regular basis.

They don't have time to relax and go out with friends or take time off because they're so busy rushing from one thing to another. Or they're too stressed thinking about all they need to do that they can't imagine taking time off.

Not tracking your time can lead to you missing out on important things in your life such as being there for your kids. You may end up missing your kids' school activities or you can't spend time playing games with them or having conversations.

You might find that you're skipping out on family mealtime, and everyone is just kind of doing their own thing. You need to evaluate how your time is spent. Do this by looking at what most of your non-work time is being spent on.

Are you busy cleaning up after others? Taking care of chores? Feeling like you can't wait to drop into bed, but dreading the coming morning because you know the whole cycle starts again? If that sounds like you, there's a definite time management issue.

Check to See If There's Any Real Enjoyment in Your Life

You might be going through the motions and getting stuff done every day in your life. You can complete your to-do list of tasks and check them off. But every day is the same and you don't feel happy or excited about anything.

It's time to check to see if there's any real enjoyment in your life. You may suddenly come to the realization that all your days are filled with tasks and you're accomplishing things - but none of them really provide any true happiness.

From the time that you get up until the time you go to bed, you're not able to just have fun and enjoy your life. This is a hard realization for many people to come to. When you realize that you're existing, but not truly living, that can come as quite a shock.

You might even wonder how your life got this to point. It happens over time - so gradually that you can't even pinpoint when you just accepted that this was the way that things were going to be for you.

It takes physical and mental energy to change things that don't give you enjoyment or to add things that do make you happy. Because of this, many people don't change things at all.

Not that they don't want to, but they're just so exhausted by their current lives. There's not really any motivation to change things and find that enjoyment. That's because they may not even realize what the problem is.

They only know that they're unhappy and that causes them pain, but they don't know why. It could be that their career has become tedious and boring. They don't even really like what they do.

Or it could be that their relationships are mundane. But they're too wiped out to even dig into what could be the cause, so they just let things be. This is something that's common for people who don't have good work-life balance.

You could get caught up working and trying to build your business and find that your life has become all about getting the next project done. Or it could be that your focus is on trying to be successful.

You start to lose track of why you're doing the actions that you're doing. This is the same in every area of your life. It's so easy to lose track of taking care of yourself, having healthy relationships, taking care of your health, and checking in with yourself that you end up not being honest about the pain points you have.

When you can take stock of what's happening on a personal level, not only will it empower you to formulate a strong plan to help you heal, but it will positively affect your professional career, too.