

[Want to Be More Successful? Find a Hobby](#)

Posted by [Cordell Parvin](#) on August 18, 2011

Several months ago I met with [Staci Riordan](#), the [Fox Rothshchild](#) Los Angeles based Fashion Law lawyer. She was exhausted by her billable work and client development activities. We talked about work-life balance and I shared my thoughts with her.



My Thoughts on Work Life Balance

There is no such thing as work-life balance and even if there were, pursuing it would be incredibly boring. Instead of seeking work-life balance, we should instead be seeking a life that is based on our priorities. We should also keep in mind that our priorities change over time. When you are single, you may want to focus on work and having fun. When you are married with children, you will most likely focus on time with your family.

It is also important to have a hobby, something you do just for the fun of it. If you are focused only on your work, your clients, your husband and your children and you are not taking any time for yourself, you will be more likely to burn out.

When I finished speaking to Staci, I went on Amazon and purchased [The Power of Full Engagement](#). After she read it, she wrote a blog [Do You Have a Hobby?](#) In the blog she linked to a short video clip of her doing her hobby. I urge you to read the blog and click on the link because Staci's hobby is pretty unique. I will leave you with this: As unusual as it may seem, another lawyer I coached last year has the same hobby.

In a future post, I will share more thoughts on what you can learn from the book.

P.S. Two days ago Staci's [Facebook Fashion Law page](#) was listed by [JD Supra](#) in [Law Firms on Facebook: 5 Examples of 'Doing It Right'](#)

Cordell Parvin Blog

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Cordell M. Parvin built a national construction practice during his 35 years practicing law. At Jenkins & Gilchrist, Mr. Parvin was the Construction Law Practice Group Leader and was also responsible for the firm's attorney development practice. While there he taught client development and created a coaching program for junior partners. In 2005, Mr. Parvin left the firm and started Cordell Parvin LLC. He now works with lawyers and law firms on career development and planning and client development. He is the co-author of *Say Ciao to Chow Mein: Conquering Career Burnout* and other books for lawyers. To learn more visit his Web site, www.cordellparvin.com or contact him at cparvin@cordellparvin.com.