

Working long hours: is it worth it?

How much of your life are you prepared to spend at work? Is it really worth working into the evening every day just to be able to buy a nicer car? Or should you prioritise finding time to spend with your friends and loved ones? Ever since Careers Day, there has been a lot of discussion around the school about how much time of their time people should spend at work, with strong opinions being voiced on both sides. Perhaps it's time we took a closer look at this issue.

On the one hand, people who say it's better to work long hours claim that the more money they have, the more successful they are. There's no point in having tonnes of free time, they point out, if you can't afford to do anything with it.

Against this, those who disagree with this view make the point that more money doesn't always mean more happiness. You only have to look at some of the richest people in any society to see how you can be really wealthy but still stressed in your work, and unhappy that you hardly ever see your family.

At the end of the day, it is up to you to decide on your priorities, but remember the really successful people are the ones that are happy with the balance they've found. If you have a comment on this, send me an email at the usual address - I'd love to hear your views.