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To create a life balance is to hold steady elements that contribute to life's advancement – that means something to me and will lead to my pre-set goals.

Even though I try to maintain a state of stability all the time, I may not be a good example in practice. Sometimes (quite frequently in fact) I have to resort to extreme action to achieve my goal, which can push my life out of balance.

What I have learned, however, is to stay mindful. I have to be conscious about what I am doing, why I am doing it, and to what extent I should take the action or whether I should just not do anything at all. At the end of the day, what we have to do is to keep our conscience so that we can pull ourselves back when we tip over and lose balance.

My balanced state is probably not too different from that of other people: it's normalcy. It's an ability to do what you dream of and to rest when you feel tired.

I have never stopped thinking, though. It may take a lot of effort before I can achieve what I want,

but success gives me a high dose of endorphin. It puts me in a balanced state without my knowing it.

I believe that training and discipline play a key role in creating balance in my life. If you want a strong body, you have to exercise. That is why I at least try to wake up early and run, or take the stairs instead of the lift.

For the mind, I try to keep it still, which is not easy. We are all human and are thus easily affected by emotions. That is why it is important to train one's mind to stay in equanimity, otherwise we might lose control over certain situations.

I myself work in the midst of a more demanding world, so I don't think I am one to give advice. If I may share my own experience, however, I would say I try to find out what makes me happy and comfortable in both body and mind, which enables me to realise my goal. I consider that point to be my balanced state.

After that, I would put it through tests to make sure that it is indeed my state of happiness. Then, I would train myself to stay in that state until it becomes second nature. Eventually, the practice would help us stay in balance amid life's challenges.