Work/life research has largely excluded experiences of single individuals who do not have children. In response, this study focused on work/life-balance experiences of single employees from Generations X and Y who do not have children. Electronic-survey data was collected and analyzed using a grounded theory approach to answer the research question, “How do young, single professionals who do not have children view work/life balance?” Findings support the conclusion that work/life balance is a complex and intentional objective-oriented activity for young professionals centered on two points: (a) work/life balance as an outcome; and (b) work/life balance as a process.