

Self Help

Balance Your Life

A large, stylized clock face with a grey border and a white dial. The clock has black Roman numerals for the hours and a black hand pointing to the 12 o'clock position. The text "Life Is Short!" is written in a bold, red, sans-serif font in the center of the clock face.

Life Is Short!

BROUGHT TO YOU BY: www.retirement-online.com



Happiness.... **YOU have to Own It!**

*Your happiness, Your Life balance,
Your responsibility.*

*It's not your spouse, or your kids, or friends...
it's all about what YOU need out of LIFE!*



Bring More Balance into Your Life

WHY? So you can LIVE your LIFE to it's fullest!

Life is demanding, and it's very easy to feel that life is out of control. We all rush through much of life, doing too much for too many. It's called stress.

But you have options.

You ALWAYS have options in life. Right?

It might seem like you are stuck... but whether you are 20, or 60, you have choices if you choose to open your eyes and your heart to them!

You can bring balance to your life if you make balance a priority. Are you seeking balance and will you make this a priority -- today?

It's easy to spend all day chasing your tail, only to feel that you've accomplished nothing at the end of day.

Rebalancing your life is possible.

A busy life can be meaningful, interesting, and invigorating... if only you will get out of your own way and,

*let yourself
thrive!*

Research¹ shows what makes us happy and fulfilled:

- Having good relationships with family & friends, and healing issues that need healing.
- Pursuing our passions, interests, hobbies.
- Doing our life's work. Many of us find deep satisfaction from working on a challenge.
- Being productive and engaged with life.
- Applying our skills and experience in a way that is consistent with our interests and values.
- Continuing to learn and grow.
- Appreciating beauty in the world— art, music, the outdoors.
- Contributing to the greater good of our community, country or the world— something larger than ourselves. Creating our legacy.



Affirmation

Consider this Affirmation.... make any changes necessary so that it is all about YOU. Read it daily, any time you have the chance, for weeks... get it into your subconscious for powerful change.

One of my top priorities is Life Balance.

I thrive when there is balance in my life. When all aspects of my life are given their fair share of attention, I feel complete.

My spiritual life is important. When I give regular attention to my spirituality, I find it easier to make it through the challenges of each day. I realize that my inner strength is lessened if I neglect the spiritual part of my being.

My physical well-being is critical because it ensures that both my body and mind can work at their best levels.

When I am in shape physically, I feel energized and my thoughts are clearer and more organized. I make better decisions when my body is in a healthy state.

I commit to making time for both work and play so one can balance out the other. I take pride in the feeling of

accomplishment I get when I excel at my work.

I also allow myself enough time to relax and rejuvenate. Reducing stress lets me be my best.

Today, I strive to pay close attention to the signals in my life. I commit to heeding those signals — so I continue to maintain a balanced life. I know I am more effective, in every facet of life, when all aspects are equally balanced.

Self-Reflection Questions:

1. Do responsibilities ever get in the way of me achieving balance in my life?
2. How can I encourage my loved ones to seek a balanced life?
3. Does my idea of balance change as I encounter new experiences?



Strategies to Bring More Balance into Your Life

LEARN TO BE MORE PATIENT.

Your life might be more balanced than you realize, but it's hard to see it if you're impatient.

A lack of patience makes every situation more challenging. A little patience makes many challenging situations manageable.

Impatience is one way you agitate yourself. You also make yourself less capable in the moment.

SIMPLIFY.

It's very easy in today's world to buy more things than you need and take on more

responsibilities than you can manage.

Every extra item and responsibility in your life can create imbalance. Eliminate the superfluous and bring more harmony into your life.

GIVE YOUR HEALTH A PRIORITY.

When life gets hectic, our first response is to sacrifice ourselves for everyone and everything else. This is a mistake. Without good health, life becomes very unbalanced.

If you don't give your health the priority it deserves, your resulting bad health will eventually get your full attention.

No matter what you're going through, there's a light at the end of the tunnel and it may seem hard to get to it but you can do it and just keep working towards it and you'll find the positive side of things.

Demi Lovato



Strategies to Bring More Balance into Your Life

CREATE A SCHEDULE THAT INCLUDES DOWNTIME.

Downtime isn't just the time that's left over after your responsibilities are completed.

Downtime is something you do on purpose. Plan for it. Make time for it. Knowing you have a break scheduled in the near future will motivate you to spend your time more effectively.

GET STARTED EARLY.

It's challenging to start the day and common to procrastinate. Time is such a valuable resource. It's possible to increase your wealth or to receive more love, but we're

all limited to 24 hours. Once you fall behind, the entire day is out of balance.

Get started on your day with a purpose and the rest will fall into place.

SPEND TIME ON THE ACTIVITIES THAT MEAN THE MOST TO YOU.

Your family is likely a priority, but what else do you find meaningful? Hiking? Playing the violin? Reading? Working isn't the only priority in life.

The more time you're able to spend on enjoyable activities, the more you'll enjoy your life.

*I believe if you keep your faith, you keep your trust,
you keep the right attitude, if you're grateful,
you'll see God open up new doors.*

Joel Osteen



Strategies to Bring More Balance into Your Life

SPEND TIME ON YOUR RELATIONSHIPS.

This includes, but isn't limited to, your romantic relationships. Keep up with your friends and extended family too.

It takes time, but you're probably wasting time on something less meaningful, like television.

GET ENOUGH SLEEP.

Do you sleep less than seven hours each night? Even if you're highly successful, you could be doing even better. Studies have shown that performance increases for many tasks, both physical and

mental, when subjects receive at least seven hours of sleep.

If you don't have time for seven hours, it's time to reexamine your priorities.

MAKE YOURSELF YOUR BIGGEST PRIORITY. WHEN YOU TAKE GOOD CARE OF YOURSELF, YOU CAN TAKE BETTER CARE OF OTHERS.

When you're at your best, your performance at work is at its highest.

It might seem selfish to prioritize your own needs and happiness, but everyone in your life will benefit from this mindset.

“There are moments when i wish i could roll back the clock and take all the sadness away, but i have a feeling that if i did, the joy would be gone as well. So i take the memories as they come, accepting them all, letting them guide me whenever i can.”

— Nicholas Sparks, Dear John

Friendship... is not something you learn
in school. But if you haven't learned
the meaning of friendship,
you really haven't learned anything.
— Muhammad Ali —

TOO BUSY for FRIENDS?

Julie loved spending time on her phone and tablet. She would spend hours using technology and barely noticed the world around her. She started to neglect her friends and stopped visiting them.

"I love my phone! It's so much fun to see what's happening all the time," Julie thought.

One day, Julie's phone stopped working. Her tablet was broken too. She tried everything to fix them, but they wouldn't work.

"Oh no! My phone and tablet aren't working. What should I do?"

Julie decided she needed help. She wanted to call friends and ask them what to do. Then, she realized she couldn't remember her closest friends names. Plus, he couldn't call them because his phone was broken!

She started to panic. Would her friends still care about her after all the time she neglected them?

Julie rushed out to see her old friends. "I'm sorry I haven't visited you in a long time. Can you help me? My phone and tablet are broken and I can't figure out how to fix them."

To her surprise, her friends were glad to see her. They calmed her down and gave her a snack. They fixed the phone and tablet without asking for anything in return. They said they just wanted her to be happy.

Julie realized that true friendships are more valuable than technology.

Sound Kinda Familiar?

Have FUN too!

Easy Opportunities to SMILE at Life!

Adopt a pet. It's okay to smile when you find yourself waiting for your cat to finish drinking from the bathroom faucet before you brush your teeth.

Decorate your home or work space. Add a little personality to your surroundings. Bring in some wind-up toys or something unique you love!

Dress creatively. Your wardrobe can be whimsical too. Find creative jewelry at craft shows and show your uniqueness!

Visit a thrift shop. Have fun looking at all the stuff people once owned...maybe you'll find a treasure there too!

Travel solo. Guided day tours keep you safe and yet you can enjoy solo-travel. On the other hand, your travel may be more memorable if you sample the local cuisine and venture into an unfamiliar neighborhoods.

Try a new sport. If you're used to being envied for your backhand, take a swim instead of playing tennis one morning. You may not recognize your own body when you surprise it with a different way of moving.

Hang out with younger people. If you wonder whether you're funny, make friends with someone from a different generation. Be prepared to explain what work was like in the days before personal computers and mobile phones.

Eat something messy. Go ahead and dine on chili dogs and banana splits. There are advantages to forgetting about being neat sometimes.

Look at old pictures. Family childhood photos, old vacation photos... all fun! Your high school yearbook can probably keep you and your children in stitches for hours. Those outdated hairstyles and fashions are worth a second look.

**DO SOMETHING NEW...
open your world to new
opportunities & adventures!**

**If you enjoyed this
ebook, register for
our free Self Help
Workshop — learn
and train your
mind for the best
life ever!**

**Best Wishes!
Wendy**