



## ACTIVITY ONE THE ART OF BALANCE

An Activity to Focus on Your Self, Your Needs, and Your Passions

Everything about you is interrelated. Your mind, body, and spirit, your social networks, your health, your wealth, and your feelings about your living space all impact how you think, how you see the world, and how you see yourself. The difference between ignoring and focusing on these different areas is the same as choosing between losing yourself and living in a world of chaos versus embracing yourself and your passions. The five cornerstones of creating a balance (self, relationships, health, wealth, and organization) allow you to integrate what matters most into your life.

Before starting this exercise, take a moment to quiet your mind. Find a calming place to write, close your eyes for a moment, and take up to ten slow and deep breaths. Now that you have created a space that allows you to listen to your inner self, begin to answer the following questions.

1. What matters most to you?

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2. How are you currently incorporating what matters most into your life?

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3. What's missing from your life? Are you ready to create a balance and embrace what matters most?

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4. Make a list of what you are currently doing to fill the needs of each of the Create a Balance cornerstones.

SELF

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RELATIONSHIPS

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HEALTH

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WEALTH

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ORGANIZATION

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### **ACTIVITY TWO (coming soon)**

#### **STAYING FOCUSED**

The practice of life balance can be described using the leaky bucket metaphor. Life balance is a journey, and not a destination, because your life balance buckets naturally have small holes in the bottom that slowly empty or reduce your life balance. You will feel out of sync when any of your life balance buckets are empty. This is why we all need to get focused and become accountable for refilling our life balance buckets on a regular basis.