More About Balance

Here are a few more thoughts about the Key of Balance to keep in mind over the summer. Whatever you do, don’t get to the end of your summer and realize how little you’ve done that’s really meaningful for you. It would be a great idea to do a little planning to make sure you’ll keep that balanced, fulfilled feeling all summer!

We achieve balance in our lives when we devote our time and energy to those things that foster our physical, mental, and emotional wellbeing. The following have been researched and proven to be areas that provide maximum fulfillment. They’re good to remember when working toward making balance part of your life.

1. Friends and family.
   Connect with them, get to really know them, have fun with them. Elderly people overwhelmingly say that the most meaningful memories and experiences in their lives are about their loved ones. The most common regrets are that they wish they had spent more meaningful time with friends and family and communicated how much they meant to them more often.
   Summer’s a great time to connect with your parents and/or other family members and friends—and let them know how much they mean to you.

2. Get in the zone.
   Spend time on activities that are rewarding and accomplish something positive for you. Life satisfaction occurs most often when people are doing absorbing activities that they consider both work and play. These activities are engaging for us during the activity and provide a feeling of positive accomplishment that lasts long after the activity.
   Again, summer’s a great time for those fun activities you never get around to during the school year.

3. Measure yourself by your own standards.
   Comparing yourself to others leads to frustration, not fulfillment. Life is not a competition. When we measure ourselves against others our self-esteem depends on their successes or failures, not our own.
   Do what’s meaningful for you this summer, and don’t worry about what others may be doing—you’ll have a great summer!

4. Let go of negative feelings.
   Keeping balance in our lives also relates to choices about letting go of negative feelings. Holding on to resentment and anger over something you think should have been said or done differently has a negative impact on you as well as the other person. When we hold onto negative feelings, we train ourselves to look for and store up negative aspects of others, threatening all our relationships.
   The past is done—focus on the present and move forward. Clean it up—and let it go.

And remember that affirmations work!

Here are some affirmations for all age levels that will help you make the Key of Balance part of your life. Why not pick your favorite (from any age level) or make up your own, then create a colorful poster and put it where you’ll see it every day. Then when you get bored with that one, pick another one and make a new poster!

*Middle School/High School (12 years and up):*
  - I stay aware of what’s meaningful and important in my life.
  - I make positive choices about how I spend my time.
  - I balance my activities to nurture my mind, body, and emotions.
• My choices lead to a fulfilling life.

**Elementary School (8 to 11 years):**
• I know that some things are more important than other things in my life.
• I make choices that give me a smart brain, a healthy body, and a happy heart.
• My choices keep me balanced.