Think in Ink – Balance

What if our life was not about being happy and comfortable, but about being fulfilled? Balance relates to making choices that nurture our mind, body, and emotions to have a life that feels fulfilling. In other words, the things that make us happy may temporarily satisfy us, but they may not bring us meaning and fulfillment.

As you begin the process to strengthen the Key of Balance in your life this summer, give some thought to the following questions.

1. In what areas of my life could I spend more time to feel more fulfilled? (Family? Friends? Learning/reading? A sport or hobby?)
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2. What can I do to “get in the zone” more often? (A sport or hobby? A project I’m passionate about?)
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3. What specific things can I do (what can I spend more or less time on) to be happier every day?
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4. Do I compare myself to others? In what areas of my life do I do this? (School? Sports?) What can I do to remember to measure myself by my own standards?
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5. Am I holding on to any resentment or anger toward myself or others? Do I have friends or family I need to forgive? Myself? When am I going to forgive and apologize wherever needed so I can let it go, focus on the present and move forward?
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