More About Balance

Here are a few more thoughts to keep in mind as you focus on the Key of Balance this month.

We achieve balance, joy, and fulfillment 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 relate to wishing they had spent more meaningful time with friends and family and communicated how much they meant to them more often. Make time to connect with your parents and 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 it’s done.

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, and don’t worry about what others may be doing!

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.