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. What are the areas of my life that I will focus on keeping in balance this summer?
   ___________________________________________________________
   ___________________________________________________________
   ___________________________________________________________

2. What can I do to "get in the zone" more often?
   ___________________________________________________________
   ___________________________________________________________
   ___________________________________________________________

3. What specific things can I do to be happier every day?
   ___________________________________________________________
   ___________________________________________________________
   ___________________________________________________________

4. In what areas of my life do I compare myself to others? How can I change this?
   ___________________________________________________________
   ___________________________________________________________
   ___________________________________________________________

5. Which of my friends and/or family do I need to spend more time with to strengthen our connection?
   ___________________________________________________________
   ___________________________________________________________
   ___________________________________________________________