



Balance is DYNAMIC.

It's always in motion, never static. The goal is to continually bring yourself back to centre.

When we get too far off centre...that's when we crash. Imagine a gymnast falling off the beam.

Example: here's how being out of balance might show up in your life.

- Scrolling social media and feeling a quiet sense of longing, envy, or “why am I not doing things like that?”
- Watching someone else enjoy something you used to love and thinking, “I used to do things like that.”
- Getting home after a long day and realizing you don't actually feel excited about anything in your evening.
- Looking at your calendar and noticing there's nothing in it that you're genuinely looking forward to.
- Hearing someone talk about a hobby or trip and feeling a little pang of “I wish my life had more of that.”
- Seeing photos of friends together and realizing you haven't made time to connect in a while.

Signs & Symptoms:

Mood

- More irritable than usual
- Little things set you off
- You feel flat or uninspired

Relationships

- Less patience with people
- Feeling disconnected
- Going through the motions

Energy

- Crash hard on weekends
- Body feels heavy or sluggish
- craving your next break

Mental Load

- Brain feels foggy/dbl book yourself
 - haunted by your to-do list at 3am
 - Can't catch up mentally
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At Work

- Busy all day, but nothing meaningful feels done
- Feel behind even when you're working hard
- You're constantly trying to "fit things in", "figure it out"

Life Outside of Work

- Hobbies disappear
- Realizing you haven't reached out to a friend in months
- Cancelling plans because you're tired

Time

- "I just don't have time for that right now."
- Your calendar is full but things that matter get put off
- You keep saying "after this week..."

The story we tell ourselves is.... *"ONCE THINGS CALM DOWN", I'll create more balance.
But they often don't*

HOW CAN WE TURN THIS AROUND?

"All you need is the plan, the road map, and the courage to press on to your destination"
-E. Nightengale

We need a clearly defined destination = much easier to take the necessary and appropriate actions steps

For example: if we know we're going to Hawaii.

We know:

What flights to book , What time of year we want to travel, Make sure we have hat sunglasses and bathing suit

When we have a well defined target

You can Organize and Prioritize your life in a way that is meaningful and fulfilling

Allows you know when you're moving towards dreams and goals and let go of the stress and worry things don't really matter

**** YOUR DESTINATION IS DEEPLY PERSONAL AND EVER EVOLVING**

Let's create your Life-Balance Blueprint

Step One: Find the Feeling first

What would you like to be feeling more of?

Aliveness, Grounded, Ease, Connected, Joyful, Presence, Spaciousness, Belonging, Engaged, Rested, Content?

Step Two: Create your Life-Balance Blueprint

- look at the areas that make up your life
- notice where things feel aligned or strained
- listen to what your body is asking for

To do this, let's look at the 6 life domains

1. Relationships & Connection
2. Health & Inner Well-Being
3. Professional Life & Growth
4. Foundation & Stability
5. Contribution & Service
6. Fun, Play & Adventure

It's time to create your wheel of life...

To create your wheel of life: [GO HERE](#)