

Balance is Key

Finding balance and stability in your life is extremely important to both mental and physical fitness. However, many of us tend to overemphasize our personal efforts on the stressful things in life and don't focus enough on other areas that may help make each day a little easier. Use the exercise below to help re-create balance in your life and start living each day to its full potential!

How important are each of the categories below to you? Take 100% and divide it between each category by importance. For example work - 30%, home -60% and so on. Make sure all categories together total 100%. It's not as easy as it looks.

- 1. Work/career/school*
- 2. Home/family*
- 3. Community/society*
- 4. Self: Mind, body, spirit*

Now, look at your weekly schedule and ask yourself how much time do you spend on improving each category? Is it in sync with what's important to you? If not try to find ways to make it happen.

