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9 Strategies to Bring More Balance into Your Life.

Life is demanding, and it's very easy to feel that your life is out of control. But you have a choice. You can bring balance to your life if you make it a priority. It's easy to spend all day chasing objectives, only to feel that you've accomplished nothing at the end of day. Re-balancing your life is possible.

Try these effective strategies to create balance in your life:

- 1. Learn to be more patient.** Your life might be more balanced than you realise, but it's hard to see it if you're impatient. A lack of patience makes every situation more challenging. A little patience makes many challenging situations manageable.
- 2. Simplify.** It's very easy in today's world to buy more things than you need and take on more responsibilities than you can manage. Every extra item and responsibility in your life can create imbalance. Eliminate the superfluous and bring more harmony into your life.
- 3. Give your health a priority.** When life gets hectic, our first response is to sacrifice ourselves for everyone and everything else. This is a mistake. Without good health, life becomes very unbalanced. If you don't give your health the priority it deserves, your resulting bad health will eventually get your full attention.
- 4. Create a schedule that includes downtime.** Downtime isn't just the time that's left over after your responsibilities are completed. Downtime is something you do on purpose. Plan for it. Make time for it. Knowing you have a break scheduled in the near future will motivate you to spend your time more effectively.
- 5. Get started early.** It's challenging to start the day early and common to procrastinate. Time is such a valuable resource. It's possible to increase your wealth or to receive more love, but we're all limited to 24 hours. Once you fall behind, the entire day is out of balance. Get started on your day with a purpose and the rest will fall into place.
- 6. Spend time on the activities that mean the most to you.** Your family is likely a priority, but what else do you find meaningful? Hiking? Playing the violin? Reading? Working isn't the only priority in life. The more time you're able to spend on enjoyable activities, the more you'll enjoy your life.
- 7. Spend time on your relationships.** This includes, but isn't limited to, your romantic relationships. Keep up with your friends and extended family too. It takes time, but you're probably wasting time on something less meaningful, like television.
- 8. Get enough sleep.** Do you sleep less than seven hours each night? Even if you're highly successful, you could be doing even better. Studies have shown that performance increases for many tasks, both physical and mental, when we receive at least seven hours of sleep. If you don't have time for seven hours, it's time to reexamine your priorities.
- 9. Make yourself your biggest priority.** When you take good care of yourself, you can take better care of others. When you're at your best, your performance at work is at its highest.

IF YOU WANT SUPPORT DEVELOPING YOUR OWN STRATEGIES TO BRING MORE BALANCE INTO YOUR LIFE,

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