



Balance



Life is really all about balance. If you find yourself out of sorts or cranky, ask yourself what is missing or what is out of balance. Here's a checklist to help you out:

Play

- hobbies
- activities
- personal fulfillment

Work

- career
- household
- service/volunteer work

Health

- rest
- 3 meals a day
- exercise

Personal

- personal time
- reflection/meditation
- spirituality

Relationships

- family
- friends

You may not need all of these things in your life, but make a list of the things you do need, prioritize the list, and then ask yourself if you're getting those things. Balance is important to your well being.