

FIND THAT ELUSIVE BALANCE ...and live an incredible life

I don't know about you, but balance to me has been one of those elusive things that I heard spoken about so much but really had no idea what it meant or how to get it! The thing that I have finally realised in my fifth decade after having ignorantly powered through the vast majority of my life is that without balance in all the areas of my life then real wellbeing, happiness and prosperity can never be attained.



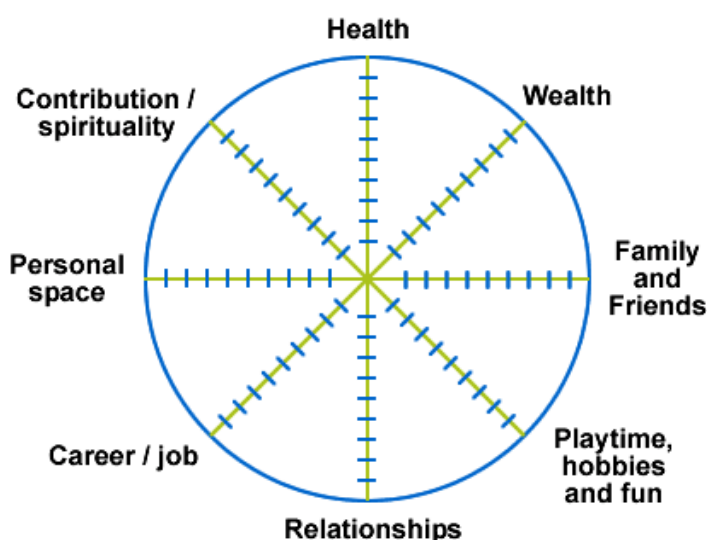
That's right, you read it correctly! I don't know if you believe it or not and either way that is okay. However, if you have read any of my articles you will know that I like to challenge you to ask yourself questions and be honest with the answers you give. So, I am happy to continue the tradition! Are you totally fulfilled & balanced in every one of the following areas of your life; self, family & friends, relationship, career, wellbeing, wealth, leisure time, spirituality? Are you totally healthy, happy and prosperous? How did you go with those answers? Could I be bold enough enough to suggest that you probably answered 'no' to both? If you answered 'yes' to one or both, I would love to talkk to you!

The Pizza of Life

The fact of the matter is that creating optimal balance in your life will always be a work in progress. But the job will be made easier if you know two things:

1. Where you are currently at, and
2. Where you want to be.

This is where *the 'Pizza of Life'* comes into the picture



You may know this as the 'Wheel of Life', but I like pizza more than wheels so let's go with pizza! Our pizza has eight slices and for it to be a 'yummy, I want more' type of pizza it needs to have balanced slices.

Where are you currently at?

Here is a simple activity for you to identify where you are currently at. Just plot your pizza by marking a dot on the appropriate increment for each slice. The centre of the pizza is zero and the outside edge is ten. So go ahead and rate yourself out of ten for each area of your life. Once you have plotted the points simply join them with a straight line. How is your pizza looking? Would you eat it? If it was a wheel how far would it roll? If it is anything like mine used to be then it may explain why your life may not be heading in the direction you want.



And you thought your job sucked

We often end up at a place, in a particular area our life, and ask; "How the #@*! did I get here?" I certainly have and what I have found is that without a clear vision for where you want to be in each area of your life then wherever you end up will do. Our destination, as I have written about before, is determined by the simple choices we make on a daily basis.

The problem is unless you know the destination with clarity and why you want to be there then what will motivate the choices that you make each day? The chances are you will choose the most comfortable path – that is the 'path of least resistance' which inevitably leads to that place where you ask; "How did I end up here?"

Creating a Vision

Would it be worth developing a clear vision or picture for how you would like to live in each of the eight slices of the 'pizza of life' and then focusing on these regularly? If so you will find that you will get better at making the best decisions each day that will lead you towards the vision you have created.

If you would like to find that elusive balance and change your life for the better forever and would be willing to invest some time to do it then read on...

Your task, should you choose to accept;

1. Put aside 1-3 hours and write a one page description for each area of the pizza and how you would like to live that area of your life.
2. Commit to reading it every day or second day
3. Choose one area to start with and start to make some simple daily decisions which will gradually move that slice of pizza to a ten. Keep going until you are living that area of your life as you described in step one!
4. Repeat step three with another area and continue to do this until you have create your perfect pizza (life)
5. Dance until it rains – I know you know what this means. Just keep going! It won't happen in a week, a month, even a year. It may take years to create the perfect pizza for you – just stay the race and keep asking "Is it worth it?"

Enjoy every single day of the journey as it moves you closer to that amazing life of balance and abundance.