

"UNLEASH THE POWER ON POTENTIAL"

JNCOACHINGTECHNOLOGIES

Twitter-Incoachingtech

Facebook-Incoachingtechnologies



Life Balance

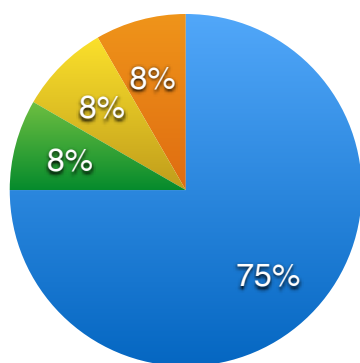
How do we get life balance?

It is important to get all parts of your life in balance, think of it as an investment portfolio, so when one area of your investment is not doing well other parts of portfolio pick up the slack to still give you great returns. This is what we are after when we face challenges in certain areas of our lives, when this happens the balance really helps us to pull through with resilience!

Example

I was coaching one of my clients as they were really suffering from a de-motivated stage at work; so one thing that I do ask my client's to do is to map out exactly how their life is divided up. So let me show you what they drew for me.

● Work ● Family
● Friends ● Personal Growth



As you can see work dominated his life portfolio so when they were feeling deflated with work, you could see straight away why they felt de-motivated. This is when you need to invest in other areas of your life to create that balance so, they can give you the energy to push through a challenge.

In this case a challenging situation at work

So here are some exercises for you to do

Here is your own circle.

1) Divide the circle into the areas of your life which are currently your focus so it could be for example:

- Work
- Friends
- Finance
- Relationships

The list can be made up of whatever is your focus at the time.

2) Identify which is the most dominant area then look to balance out the circle so that they are pretty much even.

3) Answer the questions below honestly to start to take different actions which will start to balance out where you are.



1) Describe in detail what would be your ideal life and how you would want it to be. Identify here exactly what you want from your life.

2) How would you describe your life as it is now? (You need to be honest with yourself here.)

3) How could you start to deal with the issue/issues which is/are troubling you?

For example you may have money troubles which is dominating, so one of the potential solutions is that you may start to put some money away each week or you may look for a different or additional job.

The trick here is to deal with the major dominating issue and make a plan to deal with it!

You need to out down as many ideas as possible for this one.

4) Thinking about your potential solutions, pick three which you feel are most important and list them in order of importance and then place a date as to when you are going to complete them by.

5) Thinking about the less dominating areas, how could you start to increase investment in those areas to help you achieve balance?

For example - If one of your lesser areas is friends, you might consider calling one of them at least once or week or arranging to go out at least once a month.

Now repeat 3 & 4 steps for the remaining lesser areas.

Once you have completed the actions set out in question 4, re-draw your life balance circle here and see if it has improved, is it more balanced?!



You should see any improvement and you can simply repeat these steps and come back here to go through it.

I hope this has really helped you and it has been designed to be straight forward so you can use this as a guide to move your forward as many times as you need.

Let me know how you get on and be amazing!