



Balance Begins Inside

A guide to creating balance from the inside-out



Do you find yourself...

Longing for more balance in your life?

Would more balance between life and work really make the difference? Or could it be something else?

I repeatedly hear people expressing a desire for more balance in their lives. What they're really saying is, "I've lost control of how I spend my time and feel at the mercy of my circumstances and the demands of people around me."

They deeply desire to feel productive AND they want to feel like the things that matter most have space and priority in their life too. And, they crave a deeper sense of calm and ease.

There are times when work requires more of us and times when personal matters consume more time and energy. The important question to ask is, "How can I feel balanced amidst the ever-changing climate and responsibilities of my daily life?"

The Perceived Solution

It appears that if we work harder, get more done, and adopt strategies to be more efficient – that it will allow us to fit more of what matters into our life and we will have arrived. How's this going? Are you getting the sustainable results you desire?

The Real Solution:

Balance begins on the inside

Imagine a moment of time when life felt balanced? Have you ever noticed how quickly it goes away? What if the root of this problem has nothing to do with our time management abilities and everything to do with an old, outdated set of behavior patterns that take us out of balance over and over again.

These outdated behavior patterns consist of ways of thinking, perceiving, and approaching everyday life, and, at one time, literally helped us to survive. The problem for most of us is that we're trying to create new, better results, but we're still operating from an old, outdated model built for surviving – not for thriving.

Imagine a young girl or boy who is the oldest in their family and growing up with a single parent. They learned early on that in order to get by they had to take on loads of responsibility to make sure mom or dad and the family were ok and they likely got a lot of accolades or value from doing so. Fast forward into their adult life and they are still doing the same thing at home and work.

They feel it's up to them to do it all and without realizing it they have actually taught everyone around them that they can be relied on for exactly that. But, today, as an adult, they likely feel tired, aren't making traction on the things they truly want and don't know how to break the cycle.. This is just one example of hundreds that I see when working with clients.

The Real Solution:

Balance begins on the inside

My own survival way of doing life kept me in a pattern of trying to be more, do more, give more, and please everyone around me in order to obtain my value and worthiness. When I received positive feedback, I felt pretty good, but the moment it went away the cycle kicked in to do more, be more, and work harder.

This pattern left me exhausted. I found it nearly impossible to sustain the good feelings and, on the inside, I felt empty and completely out of balance. It took my life falling apart to say - **enough**. When I made it my mission to identify and address these outdated behavior patterns, that's when everything began to change in ways I never believed possible.

The truth is, it's easier to blame life, work, and the demands of other people for our lack of balance because it takes us off the hook for doing anything about it. But, the true, lasting experience of balance you want becomes available when you take full responsibility for the lack of balance and take the bold actions necessary to create it. When you do, contrary to what people think, it gives back to you and everyone around you.

We can apply all the time management strategies we want and even execute the external motions to create work/life balance, but if we are operating from an outdated model, the likelihood we will enjoy and experience the rewards are slim. When I disengaged from this outdated way of living, I discovered the freedom to make intentional choices that allowed me to feel better, have more space in my life, and navigate seasons of work/life imbalance with greater ease. This felt nothing less than miraculous. The best part - it's not a mystery. It's just a different approach and commitment to addressing the behaviors that are creating the imbalance first.

Look for...

Outdated Patterns

Here are a few examples:

- You avoid taking a lunch or break and never call in sick to the detriment of your well-being out of a need to prove something.
- It feels like you can never do enough. You take on a lot, but rarely feel appreciated and you find yourself depleted and exhausted.
- You give all your time away to others and then feel resentful and frustrated that your priorities never make it to the top of the list.
- You spend excess amounts of time trying to prevent mistakes for fear of disappointing or failing
- You over-commit yourself and your family out of fear of saying no or not doing enough.

Achieving balance in our lives can feel like it requires a complete overhaul to the way we live. In reality, true change begins in the small, everyday moments of life when we choose to do something different than what we've done before.

Create Balance

Here's How:

#1: Upgrade Your Thinking

While there are many things that are outside of our control, our thinking is one place where we have absolute control. Our thinking has huge impact on our ability to experience balance and fulfillment.

If you find yourself thinking things like:

- "I have no work/life balance"
- "I never have enough time"
- "I'll never get everything done"

How are you likely to feel? Yes – Out of balance! These thoughts hold incredible weight and rob you of precious time, energy, mood and state of balance. Shift out of this thinking by:

- Shine a light on your current thinking.
- Write down the thoughts that are stirring in your mind and keeping you from feeling calm and balanced.
- Don't believe everything you think. Challenge your thoughts. Are they true? Find and remove the untruth in what you've been telling yourself.
- Then, upgrade your thinking with thoughts that give you power and access to a better feeling state of mind.
- Write them down.

Create Balance

Identify Old Thoughts + Create New Ones

Old thought: "I'll never get anything done."

New thought: "What CAN I get done today that would have the biggest impact?"

Old thought: "If I just had more balance in my life, everything would be better."

New thought: "Where CAN I make time today for something that will increase my sense of balance?"

When you take negative thoughts and turn them into powerful questions or new forward-focused thoughts, you are once again in control of shaping the way you feel and the output for the day.

It's Your Turn!

Old thought: _____

New thought: _____

Old thought: _____

New thought: _____

Old thought: _____

New thought: _____

Create Balance

Here's How:

#2: Shift Your Focus

As human beings we tend to focus on what's not working, what's missing, what hasn't gotten done and so on.

Check your focus, regularly. The outdated model causes us to fixate on what is missing or lacking in life thereby leaving you with few options and a feeling of powerlessness.

Perhaps, you find yourself in a busy season at work and today you feel you're neglecting life at home. Instead of feeling guilty and adding the pressure to make huge life changes, ask yourself, "what is one simple thing I can do today to bring the quality and attention to my home life that I desire?"

Maybe it's planning an extra dinner together around the table or, maybe it's putting a surprise note in your daughter's lunchbox or a sending a love note via text to your spouse that would make all the difference.

Shift your focus from what you don't want or don't have to what you DO want. Then, take one simple, small step towards what you DO want and you are one step closer to creating more balance in your life.

Soon, these little micro movements create traction toward the big change you desire.

Create Balance

Here's How:

Shift Your Focus: It's Your Turn!

Old focus: _____

New Focus: _____

Create Balance

Here's How:

#3: Do Different Instead Of More

The survival way of doing life keeps us locked into behaviors that may no longer make sense, but we find ourselves still doing them.

Creating balance requires making it your mission to find the places where you are wasting energy and time due to outdated rules and beliefs that no longer apply.

Here are some examples...

- Saying yes when you really mean no.
- Over-extending yourself for others and leaving yourself depleted and resentful.
- Being the go-to for everyone, while your priorities slip to the bottom of the list.
- Over-helping in situations that are not yours to manage.
- Talking or worrying about things in which you have no control or influence to change.

It's Your Turn!

What is currently robbing a feeling of balance for you?

What is one small way you can do differently today?

Create Balance

Here's How:

#4: Make a Commitment Compass

Write down a commitment and align yourself to it. Read it every day. Make sure you are thinking and behaving in ways that are aligned with what you want more of in your life.

Example:

Commitment:

I am committed to creating more balance in my life, beginning today. Balance to me is when I feel calm, centered and making choices that align with my priorities.

Aligned Actions:

Begin my day with one thing that creates balance. _____(10 minutes of exercise, short meditation, writing, music, set an intention for the day) Anything else you do to create balance today is a bonus and this one step will set you on the right foot for the entire day.

It's Your Turn!

What commitment will you make to guide your actions?

Create Balance

Here's How:

#5: Align Your Actions

Brainstorm a list of aligned actions you can take that move you in the direction of your commitment.

Choose one action you will take today. (Examples: Dinner with my family. Turning off my computer at 6pm. Taking a walk with my husband after dinner. Read for 15 minutes today.)

When we approach balance as something to seek and find – it means that it's something outside of us and we give away our power to influence or create it.

As you turn your focus from seeking balance to creating it you harness the very things you CAN control to bring more of it into your life beginning now. Little movements over time in the direction of your commitment compass, turn into the big changes you desired all along. And, the feeling of balance you deeply desire will likely wash over and surprise you when you least expect it.

Begin today. It's possible. You've got this.

Ready for a Next Step?

Here are some other resources you might like.

Check out the podcast:

The Differently Podcast

Explore Coaching - First Call is on Me

Book now!



Love, Carla