

## BALANCE IS WISDOM

Be wise and keep a balance in your life. Passion and the accomplishing of goals do not only belong to the business sector of your life; they form a whole-of-life experience.

There are seven major areas of life: spiritual, family, career/business, financial, social, mental and physical and goals should be designed for each of these areas, but not in isolation. Each goal should be balanced with your other goals if you are to live a happy, dynamic and purposeful life; for example, your family and social life will suffer if you tip the balance of your effort in favour of your business life. The same principles which bring business success should be used at home to develop a vital and exciting family life; otherwise your values are out of balance. Leading a balanced life is not about giving up your dreams, nor should you feel guilty about sharing your time and effort. Let wisdom prevail.

Sometimes it is difficult to achieve balance in the short term, but long term, if you are not living in balance you will find areas of your life will suffer. You can have plenty of money, but if you have not looked after your health you are probably not going to enjoy the fruits of your labour as you would if you were fit and full of vitality. Life can be a balancing act – a seesaw of seeing that your needs are met without the habit of doing the same thing every day and getting the same result.

Balance should also be applied to your food, exercise and mental attitude. Eat for maximum energy. For this you will need to take in foods your body craves – not the foods *you* crave. Eating mainly fruit and vegetables, complex carbohydrates and some protein, as well as plenty of water, is vital for your well-being. Keep fast foods and processed foods to a minimum. There is a lot of information available on the subject which can be studied.

A regular exercise program is essential for people of all ages. It not only raises the energy levels, it is necessary for a healthy body and long life. Walking, running and swimming are an excellent form of exercise and should be undertaken for at least 30 minutes each day to get the heart rate up.

Condition your mind with a positive mental attitude and eliminate negative emotions.

Just as we need to maintain balance in our diet and lifestyle to be healthy, we need to balance our desires by living in the present, not the past or the future. Certainly, use the past for the lessons it can teach you, for example the past can show you your limitations but only remember your limitations for the purpose of overcoming them. Likewise, dream about your goal and imagine your pleasure when you reach it, but understand you cannot live in tomorrow until it becomes today, for today is the only day for action.

If you balance your life by eating properly, exercising regularly and keeping a positive and happy attitude to life, you will have the energy, determination and wisdom to persist and overcome the challenges that you meet on your journey toward success.

“The truest wisdom, in general, is a resolute determination”. Napoleon