

You Can Balance Your Life in just 20 Minutes a Day!

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**You Can Balance Your Life in just 20 Minutes a Day!**

**By Dietta L. Stewart**

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Is it really possible to live a life of balance?

Yes!

And I am going to show you how you can do it in just 20 minutes a day.

Achieving a balanced life is the key to reaching your full potential. When your life is balanced you are free to grow and be all that you can be.

Wouldn't it be nice to stop going around in circles, going nowhere fast?

When your life is unbalanced that is exactly what you are doing. Your days are always full. And you are always busy but you never feel that you have anything to show for it.

Why?

Because you're always putting out fires and taking care of emergencies instead of spending time on the things that really matter and that help you fulfill your life purpose.

Living a balanced life gives you clarity and direction. Suddenly you are able to stop doing things that don't help you move forward and start doing things that do.

When your life is not balanced its hard to know what the important things really are. In your eyes EVERYTHING is important! And it all has to be done RIGHT NOW!

## You Can Balance Your Life in just 20 Minutes a Day!

Don't live another day on this crazy treadmill of an unbalanced life. You just don't have to. Start right now, today, to balance your life by spending just 20 minutes of quiet time alone.

You might be thinking, "No way, I don't have time!" Or, you might cringe at the thought of being by yourself. But I encourage you to try it and reap the benefits of a more balanced life.

If you don't think that you have time, think of something you do on a regular basis like watch tv and give up 1 show to spend time alone. Or, get up earlier or stay up later to carve out some time. Be creative. You'll be glad that you did.

If you are the type that doesn't think you'd like being by yourself start out by doing it for just 10 minutes a day instead of 20 and work your way up gradually as you feel more comfortable.

So, what will you do all by yourself?

The purpose of spending time alone each day is so that you can quiet the noise inside your head and hear your own thoughts. You'll be able to tune into your inner wisdom and discover what is truly important.

Then you will be able to center your life around your priorities. Thus, creating a more balanced life.

There are several things that you can do to tap your inner resources. My favorite thing to do is to write in my journal. This is a powerful and effective tool that has grown in popularity over the years.

Another option is to meditate or pray.

Regardless of what exercise you choose you can be on your way to a more balanced life if you do it for just 20 minutes per day.

If you would like more tips on balanced living you may visit <http://www.balanceboosters.com>

This article may be re-published on your website or in your e-zine in its entirety as long as the above statement is attached with the URL included. Thank you.

Dietta L. Stewart is the author of *The Balanced Woman: A Christian Woman's Guide to Balanced Living*.

### **What Balance Looks Like For You**

**By Angie Dixon**

Recently, in an online group, we talked about "balance" and an article one member had read decrying the demise of balance altogether. We all had different ideas about what balance is and how to reach it, and I realized, after a number of posts, that we were all right.

## You Can Balance Your Life in just 20 Minutes a Day!

I believe it is possible to "achieve balance in our lives." What I don't believe is that the way you create balance is going to match the way I create balance. I don't believe that dividing my time 50/50 or 25/25/25/25 is right for me, though it may be for you.

How do YOU create balance? Easy. Find times when you feel like things are going exactly as they should, that everything in your life is perfectly in alignment, and that you're doing what you need to do, when you need to do it. That's balance. Then "creating" balance becomes RE-creating it. Once you know what to do, you can do it again. And again.

When you're struggling to find what's next out of the middle of a dozen or more things, when everyone feels downhearted and discouraged because they're not getting enough of your time even though you're running between chores and family as fast as you can, you're not in balance.

Imagine your life as a series of circles, arranged around an inner circle. The inner circle is you. If you're just running the bases and touching each circle with your toe as you go by, you're not in balance. But if all those circles are close in to your inner circle, touching or overlapping not only you but each other, chances are you're in balance.

Balance comes when you're doing what you want to be doing, when it needs to be done. It's not about fifty percent of your time being home and fifty percent being work, or any other formula. It's about doing what is important at the time.

Angie Dixon helps small business owners get their acts together. She is a personal development coach specializing in helping people integrate their home and work lives so they feel less stretched and more balanced. Get her FREE EBOOK on balance at

. For questions or

to discover how coaching can change your life, contact Angie at

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What Balance Looks Like For You

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