



*Seven Ways to  
Create a More  
Balanced Life*

*[www.maximiseyourpotential.com.au](http://www.maximiseyourpotential.com.au)*



## STRENGTHS:

Resilience, Humour,  
Optimism, Growth, and  
Persistence

# Meet Your Coach

Kate Meyer is a registered psychologist with over twenty years' experience working primarily with the Australian Defence Force. She is interested in the development of good mental health, wellbeing, and resilience, and has a special interest in the health and wellbeing of veterans. As the founder of Maximise Your Potential, Kate adopts a strengths-based approach to promote positive self-growth to help others achieve their goals and reach their true potential.

Creating a balanced life is essential for our overall wellbeing.

Creating a more balanced and fulfilling life involves making intentional choices and incorporating these practices into your daily routine.



# 1. Set Priorities and Goals

Identify what matters most to you and allocate your time and energy accordingly.

This helps you focus on the things that are most important to you

Identify what you want to achieve in different areas of your life, such as career, relationships, health, and personal growth.

Setting clear goals helps you focus your energy and time effectively.

## 2. Establish Boundaries

Learn to say no to activities or commitments that do not align with your priorities or which drain your energy and time.

Setting boundaries helps you maintain a healthy life balance by protecting your time and energy for the things that matter most to you.

### 3. Practice Self-Care

Take care of your physical, mental, and emotional well-being.

Make time for and prioritise those activities which help you relax, rejuvenate, and recharge.

This might include activities such as exercise and meditation, as well as spending time in nature or with loved ones.

## 4. Maintain a Healthy Lifestyle

A healthy lifestyle is crucial for overall balance and well-being.

Eat nutritious foods, exercise regularly, get enough sleep, and stay hydrated.

Limit your caffeine and alcohol intake - everything in moderation.

Don't neglect your mental diet - be mindful of your negative or limiting self-talk and your exposure to social media.



## 5. Manage Your Time Wisely

Prioritise tasks based on their importance and deadlines.

Use time management techniques such as to-do lists and scheduling to ensure you allocate time for essential activities.

Take a micro-break between tasks  
and DO NOTHING

## 6. Pursue Personal Growth

Set goals, learn new skills, and engage in activities which challenge and inspire you.

Challenge yourself every day.

Personal growth leads to a sense of fulfillment and balance in life.

## 7. Stay Connected

Nurture relationships with your family and friends.

Social connections provide you with support, companionship, and a sense of belonging.

Being connected to others contributes to your overall health and wellbeing.

Remember to regularly reflect on your priorities, goals, and activities to ensure they align with your values and well-being.

Be willing to adjust and make changes as needed so that you can maintain balance in your life.

One final thing....

Don't be afraid to ask for help  
or seek support when needed.

Whether it's from friends,  
family, or a professional,  
reaching out for support when  
you need it can help you to  
navigate life's challenges more  
effectively and maintain a  
more balanced life.





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