



What is Life Harmony?

Living Minutes Academy

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LivingMinutes.com

LM!



Life Harmony

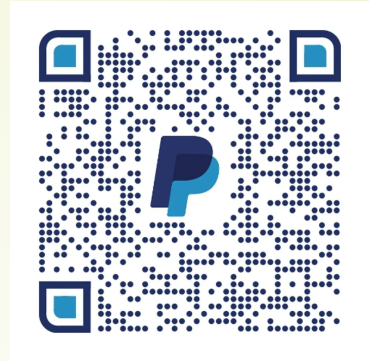
- ▶ This week is all about Life Harmony
 - ▶ Essentially, it's a holistic approach to the philosophy of work-life balance
 - ▶ Work-life balance focuses on finding a balance between work and life.
 - ▶ Work is more-or-less seen as something that is bad, with an emphasis on balancing what you sacrifice for work with what you gain from it for life.
 - ▶ There are some good pointers that come from the work-life balance camp, but overall it's based around a negative mindset about work.
 - ▶ Summary: You sacrifice hours of your life for work.
 - ▶ Life Harmony focuses on changing this negative mindset toward work.
 - ▶ Instead, work is seen as just one part of your overall life.
 - ▶ Finding joy and meaning through mindful living extends to all aspects of your life, even work.
 - ▶ Summary: Work becomes just one part of your life to be lived with joy and without judgement.



Achieving Life Harmony

- There are a few simple steps you can take to achieve life harmony, and the great thing is that you already have some of the tools you'll need! Maintaining life harmony is a lifelong process, so it's important to assess often.
 - **Be Present** – whenever you're engaged in any activity, whether it be for work or for life, be fully engaged with the tasks at hand without judgement. Don't let the mind wander – stay present and focused.
 - **Goals and Priorities** – we'll talk about this more throughout the week, but essentially you'll want to have goals and set priorities both at work and in life. You'll need to actively work toward these goals, which not only leaves you with a sense of accomplishment upon completing them, but through conscious choices you also feel in charge of your life.
 - **Cultivate Joy** – If you are unable to find any kind of joy in either your work or your life, you need to actively change it. Having goals and setting priorities can be used to help achieve this change. But, change is drastic. Instead, I challenge you to find and focus on whatever joy there is in both work and life.

Help me help others



- Please consider pausing the video and making a donation
- I offer all of these resources on a donation-only basis, including for free if someone can't afford a donation.
- I have spent thousands of hours studying mindfulness and preparing all of this content
- I have paid a lot of my own money to attend courses and workshops, purchase books and equipment, maintain a website, publish books/guidebooks, and advertise these services
 - Contrary to popular belief, many college instructors do not make much money at all and student loan payments are often considerable
- To continue spreading the word and developing more courses, I need your help. Any amount is greatly appreciated. Thank you!



Your Mission



Meditate on Life Harmony

- Take 5-10 minutes for contemplative meditation. Begin with a minute of breath work with your eyes closed, then let your mind think about what changes you can make to attain life harmony. Do you need to change your mindset about work? Focus on the good parts of work and life rather than the bad ones. Are there ways you can bring joy or passion to your job or life? Are there ways you can use the Living Minutes to help the bad parts of work or your day be better? Remember to jot down your thoughts in your Officer's Log!