

### Activity 19. Ways to Enhance and Maintain Balance

Use to clarify strategies to enhance and maintain balanced well-being.

**Part 1: Balance assessment.** On a scale from 0–5 put an X on the number that represents your current self-efficacy regarding managing your stress and balancing your priorities. Circle where you would like to be.

1	2	3	4	5
Very poor	Not Well	Adequate	Good	Excellent

**Part 2: Ideas for improved balance.** Review the following ideas that specifically target perceptions, skills, and habits that perpetuate life balance. Assess yourself using any method you choose, and then apply the most beneficial ideas to part 3. You can simply check off the ideas you like, star the ones that are most important to you, or utilize your own method.

#### 1. Don't sweat the small stuff<sup>82</sup>

- Make peace with imperfection; cut yourself some slack.
- Surrender to the fact that life isn't fair; do your best anyways.
- Give up on the idea that more is better.
- Keep asking yourself what's really important.
- Choose being kind over being right; resist the urge to criticize.
- Become aware of your moods; turn your melodrama into mellow drama.
- Understand separate realities; stop blaming others.
- Know when to mind your own business.
- When something is important, don't multitask! Do one thing at a time, and do it well the first time.
- Think of your problems as teachers.
- Remember that you become what you practice most of the time, good or bad.
- Schedule time for your inner work.
- Live this day as if it were your last.
- 

#### 2. Overall wellness balance self-assessment (and where to get assistance)<sup>83</sup>

- Nurture yourself to prevent burnout; sleep, eat well, detox, exercise, relax, have fun, get support, and get outside (chapters 10-13).
- Know what your priorities are; reexamine your values, your goals, and your boundaries (chapter 3, activity 12.1, activity 17.3, part 2-3).
- Create an efficiency mind-set: maintain organization and priority assessment as a habit (chapter 16).
- Expect the unexpected; be flexible and patient, breathe, get through it, recover, and reassess (chapter 4).
- Maintain a positive mental attitude. Don't worry; be happy! Be mindful and prepared for the future, and don't dwell in the past (chapter 7).
- 

---

<sup>82</sup> R. Carlson, *Don't Sweat the Small Stuff and It's All Small Stuff* (New York: Hyperion, 1977).

<sup>83</sup> Z. Herford, "5 Tips for Living a Well-Balanced Life," [Essentiallifefskills.net](http://www.essentiallifefskills.net/wellbalancedlife.html), retrieved on June 5, 2016, from <http://www.essentiallifefskills.net/wellbalancedlife.html>.

### 3. Additional ways to build resilience<sup>84</sup>

- Accept that change is a part of living.
- Take decisive action. Never procrastinate. Just do it!
- Do something you enjoy every day, and do it well.
- At least once a week, do something physical that allows you to reset your equilibrium, and that forces you to concentrate 100 percent on something completely different than your stresses (e.g., water sports like kayaking, body surfing, and scuba diving; hiking, mountain biking, football, basketball, dancing, karaoke, or vigorous yard work).
- Pray, meditate, and ask for support; forgive yourself and others.
- Listen.
- Believe.
- Dream.
- 

### Part 3: Key strategies I can use to improve or maintain harmony and balance in my life.

Based on everything in this book and what you know, what are the three most important things you need to help you reach the number circled in part 1 of this activity?

1.

2.

3.

### Part 4: Confidence assessment

Score your confidence in making each of the three changes on the following scale: 1 = can't do it; 2 = may be able to do it (just not ready); 3 = somewhat confident; 4 = quite confident; 5 = absolutely sure I can do it well.

### Part 5: For each strategy, are you ready to change?

- If your confidence level is at a three or above and now is a good time, then go for it! When will you get started and what do you need to do to best prepare yourself?
- If now is not the right time, then contemplate what future date would be better: \_\_\_\_/\_\_\_\_/\_\_\_\_
- If your confidence is less than a three, then what will help you become more confident? What do you need to increase your confidence?

### Part 6: How will you proceed?

If you feel highly motivated to take action now, feel free to jump into action by further planning your strategies using the Wellness Compass Journey tools discussed in the following chapters. Alternatively, you could also first complete the Wellness Compass Profile (chapter 21, step 1.1) to determine if there is something else you want to focus on solely, or along with your goal, to enhance your balance and ability to maintain balance.

---

<sup>84</sup> Suggestions are from the author and from the American Psychological Association, “The Road to Resilience,” retrieved on June 5, 2016, from <http://www.apa.org/helpcenter/road-resilience.aspx>.