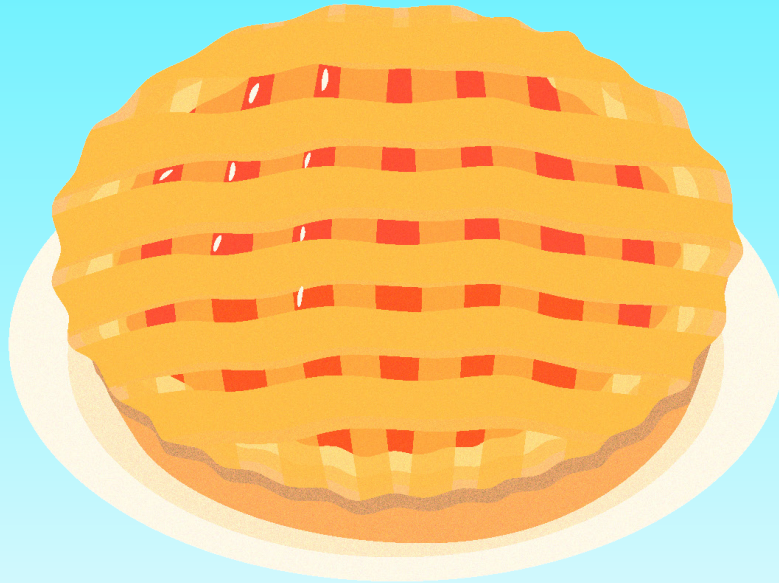


The 4 Stages of

Life Balance

Robin L. Owens, Ph.D.

Life Balance is Just Like a Pie



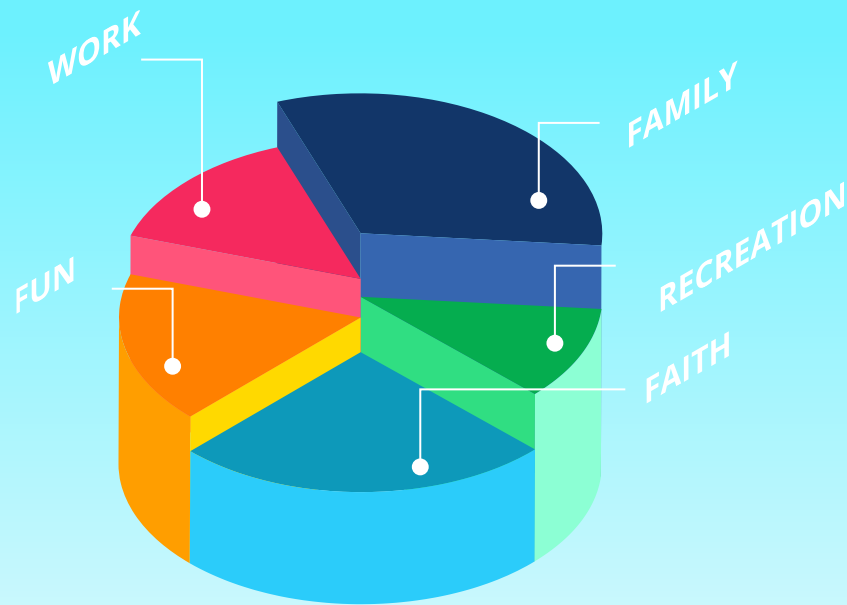
Now, I know you may be thinking...“Wait...*What?* A pie?

That's Right. A Pie.

Just like people and the individual lives we live - each one is different in their own way.

Just like a pie. Also like pies, life balance has multiple slices and stages.

STAGE 1 - AWARENESS



Think of your life in the form of a pie (chart).

How many slices go to work, fun, family, recreation

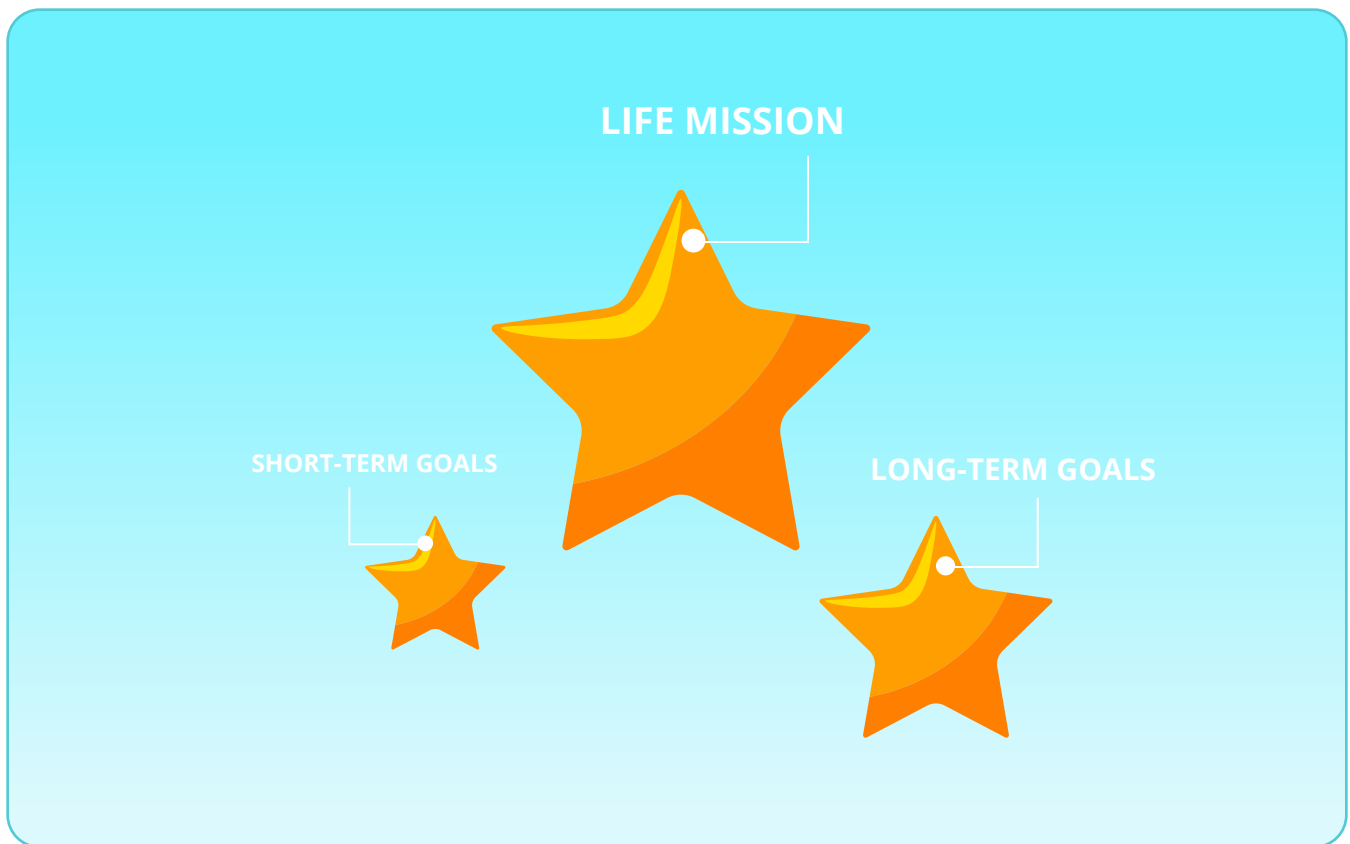
Health, relationships, work, recreation or fun,

When you look at the pie, how many slices go to each?

If you have too many slices of work and not enough fun, your pie is out of balance!

Add more slices of what is missing, take away slices that you have too much of.

STAGE 2 - DESIRE

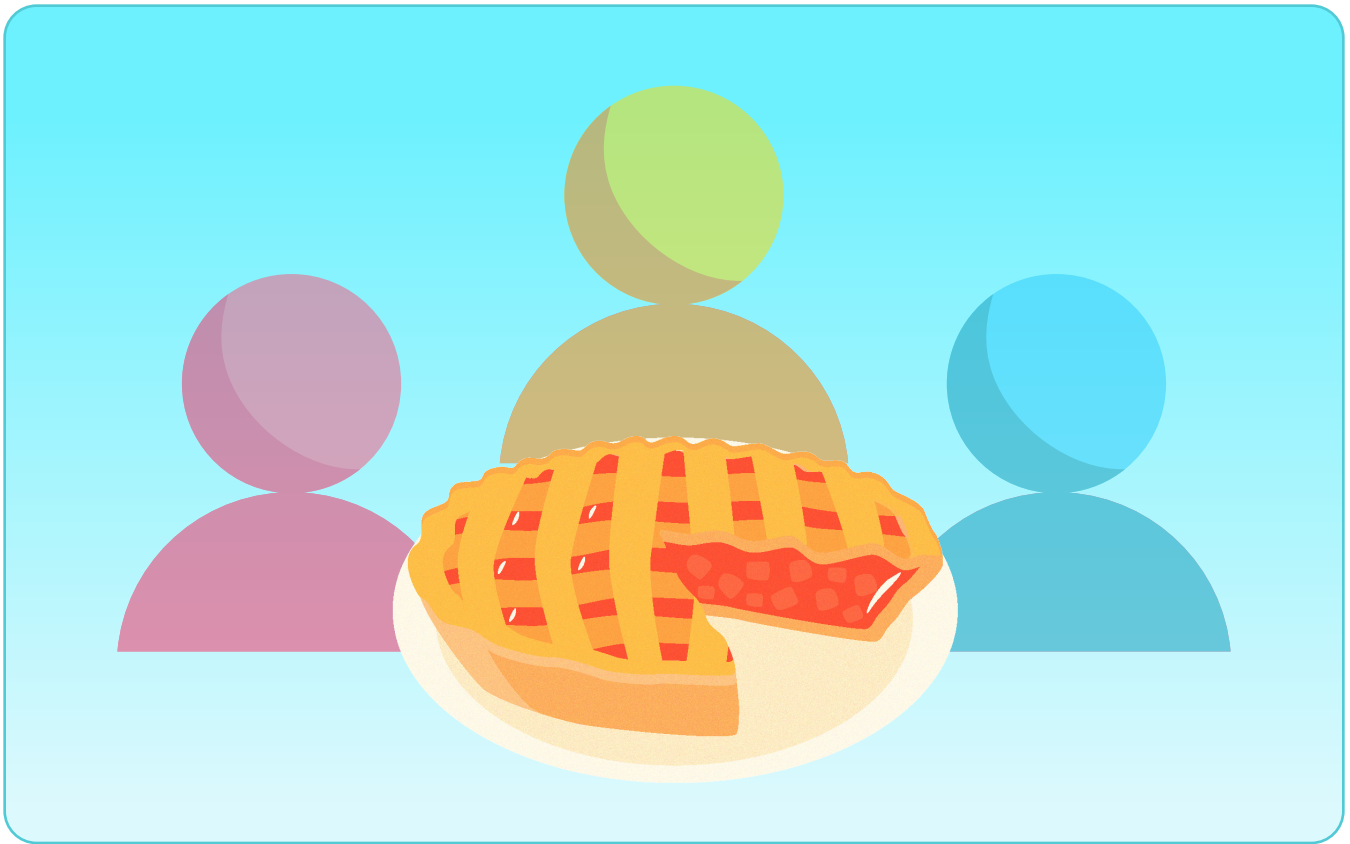


It's time to decide what you want.

Maybe it's a large, long-term mission for your life and work, or perhaps a small goal for this week, month, or year?

What ever your desire is, you can only acheive it once you decide what you really want to.

STAGE 3 - INFLUENCES



Take a look at your life and check to see what is adding to your pie being out of balance.

Next time someone tries to add to your plate, say no unless it's something that will bring joy **and** value to you.

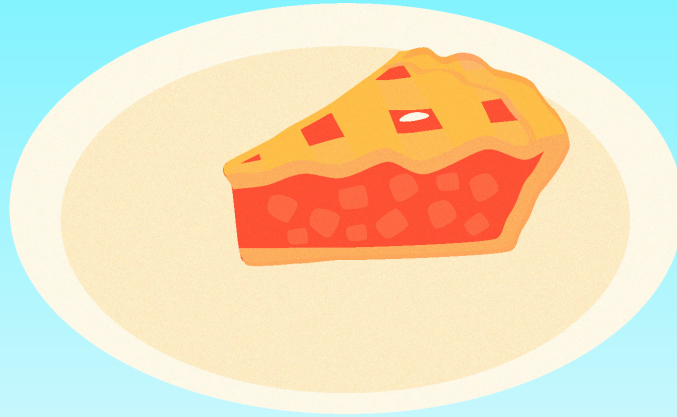
STAGE 4 - ACTION



Once you've assessed your awareness, desire, and influences, you can keep track of your progress going forward.

Compare your pie today, to your pie from last year - are you making the changes that you need for balance?

WHAT'S NEXT?



Once you have followed these steps and have gotten to work on your life balance, the next step is to begin making Purpose-Based Decisions.

To learn more about Purpose-Based Decisions, visit my website at

Robinlowens.com

I wish you the best of luck with achieving your life balance!