



EXPLORE YOUR QUESTIONS



Seeking a Balanced Life

Your Four Key Resources	
Time	Energy
<p>How much Open Space do you have in your day?</p> <p>Have you come to accept that you can't do it all?</p> <p>What are your top five priorities that matter most?</p>	<p>Is a lack of energy holding you back from accomplishing your goals?</p> <p>Do you reserve time to replenish your energy through rest and play?</p> <p>What physical, mental, emotional, and spiritual habits restore you?</p>
Money	Attention
<p>Are financial concerns causing you undue stress?</p> <p>Do you have the ability to outsource time-consuming tasks?</p> <p>Can you set aside enough savings to do something you love?</p>	<p>Do you focus regular time on your important goals and relationships?</p> <p>Are you able to craft your days with intention rather than reaction?</p> <p>When you reflect on your life, can you embrace the quality of enough?</p>

Learning to Tilt		
What is Tilting?	Reflecting over a wider time period	Looking for Harmony
<p>Deliberately throwing your life out of balance by shifting your time, energy and focus to a select group of specific goals.</p>	<p>Instead of striving daily to get everything done...</p> <p>Assess how your resources were spent over a week, month, quarter or year.</p>	<p>Did you achieve any balance over a more lengthy time?</p> <p>Did you tilt toward areas that needed your focus?</p> <p>Are you content with life's harmony within the bigger picture?</p>

Shifting Towards Harmony		
How Can You Support the Goal of Harmony?	How Do You Make a Deliberate Shift or Tilt?	
<p>Optimize your energy reserves.</p> <p>Adopt an attitude of gratitude.</p> <p>Practice exquisite self-care.</p>	<p>Identify life areas that need attention through:</p> <p>Journaling Meditation Prayer Counseling</p> <p>Talking with closer friends Time in Nature</p>	<p>Create space to tilt into this new direction:</p> <p><i>What's the one thing that needs to shift so I can pursue what I want to do?</i></p>