

# Balance

## *What do you think about when you read the word balance?*

Balance means equal parts of a whole.

## *Is your emotional, physical and spiritual life in balance at this time?*

Many people at this moment are struggling to make it through the day and are stressed about their future and the uncertainty of where life is taking them. When people get stressed they tend to make little time or no time for themselves. Truly, the opposite is what is needed.

When you take the time to nurture yourself and give yourself positive self talk and affirmations, you become **emotionally balanced**.

When you make the time to care for yourself by eating properly, exercising and getting enough rest, you become **physically balanced**.

When you make the time to connect spiritually by meditating, praying and finding that quiet place within you, you become **spiritually balanced**.

Follow this simple 5 step recipe for balancing your life and you will feel the stress melt away.

- 1) **Eat 3 well balanced meals daily with healthy snacks.** Fresh whole foods that include appropriate portions. Plan ahead, and do not skip meals.
- 2) **Exercise 20-30 minutes daily.** Walk, dance, bike ride or do some form of exercise that you enjoy that does not seem like work.
- 3) **Sleep 7-8 hours nightly.** Unwind and relax by 9pm and keep a consistent bed time. Wake early to start your day and allow enough time for yourself so as not to feel rushed.
- 4) **Meditate, pray, go into a quiet space for 10 minutes daily.**
- 5) **Be aware of your thoughts.** Practice positive affirmations, change negative words and thoughts to positive ones. Write out or say out loud each day things you are grateful for.

**You will feel peaceful and connected.**

**You will be focused and productive.**

**You will feel more motivated, stronger and better equipped both physically and mentally to handle situations and circumstances that may come your way.**

**Your view, outlook and perspective will take on a positive change.**

**You deserve and are worthy of balance in your life.**

## Daily Affirmation

I choose to create emotional, physical and spiritual balance in my life.