

ARE YOU LIVING A WELL BALANCED LIFE?

BUILD YOUR LIFESTYLE BALANCE PIE!

WHAT IS A BALANCED LIFE ?

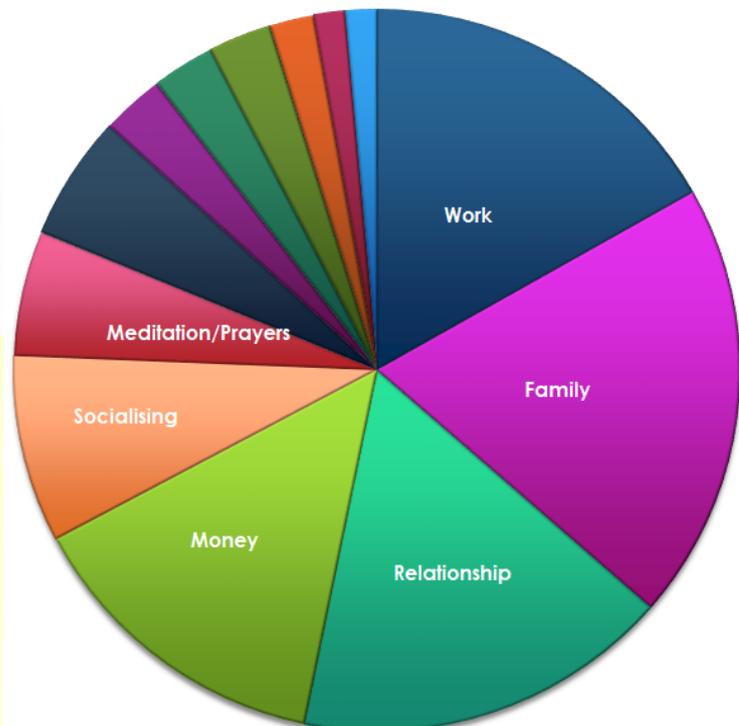
Living a meaningful life in which adequate time, focus & energy are given to activities that express your needs, values & priorities

HERE ARE TIPS TO HAVE A BALANCED PIE!

1 THE 7 HUMAN NEEDS

2 AREAS IN YOUR LIFE

3 SWITCH YOUR PERSPECTIVE



■ Work ■ Family ■ Relationship ■ Money
 ■ Socialising ■ Meditation/Prayers ■ Random act of kindness ■ Exercise
 ■ Hobby ■ Learning ■ Website ■ Self care

1 Understand your basic needs as a human being

There are 7 very different and yet interdependent needs that every human being must fulfil & balance.

- The Need for Security
- The Need for Excitement & Creativity
- The Need for Individual Strength
- The Need for Love and Relationships
- The Need for Expression & Contribution
- The Need for Wisdom & Growth
- The Need for Spirituality

2 Ensure that important areas in your life (parts of your pie) fulfil the needs

- Construct your pie chart by:
 - Listing out your priorities in life (i.e. family, career, financial, personal growth, health)
 - Categorising all the activities you do in a week and estimate how many hours you spend on them. Categories could include: work, family time, down time, socialising (friends), chores (cooking, cleaning, errands), exercise, sleep, commuting, etc.
- Compare whether parts of your pie correspond to your list of priorities? If not, make the changes! Try to widen or reduce the imbalance parts of your pie.
- Identify the neglected needs, if any. What priorities/needs in your life are you neglecting? What difficulties/ discomforts are you experiencing? Are they workable?

3 Switch your perspective

If you have tried out your best to balance but still feeling unsatisfied with any areas of your life or get sidetracked in your concentration,

- Try to include other activities under that particular area.
- Reduce your focus on that particular area and try to get the desired satisfaction/happiness from the other areas of your life.

"If you face any difficulties in the process of balancing your life, professional support is an option"

*Remember,
always step out, get an overview, find parts of life that is out of balance, step in and correct that, & on it goes. It's a continuous process, because things never seem to stay balanced on their own for very long!*

