Maintaining a Balanced Life

How Tos and Hidden Benefits

Balanced goals are the secret to establishing and maintaining the energy level necessary to support a productive and happy life. The myopic focus of all your energy on a single goal may result in its achievement, but the price paid will always exceed the value received. A moment of fame, a large commission check, or the one-time accolades of your associates can't replace the life-long pleasures of friends and family, good health, or a strong spiritual connection with God, nature, or the higher power of your choice. Unless a careful balance of career, family, health, educational, social, and spiritual aspects of life are maintained, the achievement of a single objective will be a hollow victory.

How to:

Answering the Reverend Robert Schuller's question, "What would you do if you knew you could not fail?" for each aspect of life is a great way to begin the process of balancing your life. Answer each of the following questions, and use these answers to develop a meaningful goal for each aspect of your life.

- What do I want to accomplish or change to improve my career?
- What would I do for my family if I had unlimited time and resources?
- How can I improve or maintain my current physical condition?
- What do I need to know or learn to insure my continued growth and understanding of the world I live in?
- Whom would I choose as friends, and how would I socialize with them if I weren't influenced by the opinions of others?
- What are my spiritual beliefs and how do I demonstrate them?

Answering these questions will reveal your personal beliefs, attitudes, and values. Choose one objective to focus on for each of these aspects. Write it down. Share each objective with three to five people who will be directly affected as you progress toward it. Create a step-by-step plan for achieving each goal and implement these plans. Applying these steps provides an action plan that will keep your life in balance.

Hidden Benefits:

Maintaining a balanced life has an additional obvious but often overlooked benefit for busy people. I refer to it as "natural networking." Natural networking is the result of relationships that build when you are pursuing your social, health, education, or spiritual goals. Providing increased support from family and friends, this process affords a powerful advantage for anyone who uses it. During the

© 2002 Andre L. Beaudoin, Andre Inspires, 38 Country Lane, Meriden, CT 06451, Ph: 203-440-7015

inevitable economic ups and downs, or when increased time and effort are needed to satisfy a "big" client, the support of family and friends can be critical.

Good networkers know that it is relationship building, not attending weekly or monthly meetings, that results in quality referrals and new business. Actively participating in a club related to one of your hobbies, frequenting a gym, taking an adult education course, or attending church services will likely introduce you to people you wouldn't meet on the job or at a networking function. The defensive posture taken by network function attendees trying to sell while protecting themselves from being sold doesn't exist in these other venues. Strong personal relationships can be built, founded on the common ground of the hobby, activity, topic, or beliefs you have in common with the other members of these groups. Discussions of the services you provide related to your career become a natural part of conversation and don't require a snappy, well-rehearsed introduction or elevator pitch. Referrals from these friends to their friends provide a higher initial trust factor than any other type of lead. Best of all, you are doing something you enjoy while these relationships are building.

The support of your spouse, children, parents, or siblings can have an incredible impact on your energy level and attitude. When your family knows that you have set aside time for them, they will be much more understanding when you need a shoulder to lean on or to spend extra time addressing a particularly difficult situation. The husband or wife who knows you care is more likely to have a dinner plate in the microwave when you come home late than to meet you at the door with cutting remarks about how inconsiderate you are. The parent who receives a phone call or visit once a week is more likely to brag to his or her friends about the great job you have than to complain about how your career leaves you no time to say hello.

Consider the effect the above scenarios could have on your attitude and energy. Wouldn't you feel better about yourself if your parents were bragging about you rather than criticizing you? Wouldn't you prefer to be supported when things are tough rather than blamed? Your focus, on the needs of your family, friends, and business associates determines their focus on your needs. The more you give the more you'll receive. Give generously and you'll be supercharged and well balanced.

Andre L. Beaudoin is a professional speaker, trainer, and coach who inspires and teaches organizations and individuals to exceed expectations. If you would like your organization to reap the benefits of "Maintaining a Balanced Life" contact Andre at Andre Inspires, 38 Country Lane, Meriden, CT 06451, call 800-205-6958, email Andre@AndreInspires.com or visit www.AndreInspires.com on the web.

© 2002 Andre L. Beaudoin, Andre Inspires, 38 Country Lane, Meriden, CT 06451, Ph: 203-440-7015