



Balance

Mini Challenge

WORD OF THE YEAR

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Balance is the art of being able to step back from your life, see the landscape,
and make choices.

Balance is the art of choosing what matters.

And what doesn't.

Balance is really complicated. But it's also really simple. It's about asking yourself WHAT TRULY MATTERS and then REMINDING yourself of that on a DAILY BASIS. For today's mini-challenge on balance, there are 4 steps to take:

Step 1:

I want you to take a look at your life and write down what truly matters to you. This can change over time but just write down what feels right to you at this moment.

Here's my list:

Spending quality time with my family

Having a strong relationship with my children

Having a fun and loving relationship with my partner.

Having a job I love that feels like it brings good into the world and supports me financially.

Being able to visit my parents and siblings often.

Getting lots of alone time to center myself.

Feeling healthy, strong, and taking care of my body. Which means making time for exercise and healthy food.

Having fun! Playing with friends! Laughter!

Feeling at peace with my choices in life.

Creativity on a regular basis.

Being in tune with the hum of the universe.

Step 2: After you've written your list, I want you to close your eyes and imagine floating up out of your body and into the sky. Imagine floating all the way up to the moon and resting there. Then imagine floating back down to earth and looking at your world. Imagine seeing your body down on earth, going about your daily life. Imagine watching all the things you do in a week. Who you spend time with. How you act and the energy you can sense around yourself. What do you notice? When you think about what truly matters to you, and watch yourself on earth, do your actions seem to be in alignment?

(If you have trouble with doing this visualization on your own, you can listen to the meditation to be guided along.)

Step 3:

Write down what you noticed as you looked down from above. What did you notice about your energy? What things in your life seemed in alignment and what seemed out of alignment?

Step 4:

Staying in balance is as simple (and as hard) as staying grounded in what truly matters to you. When you find yourself doing something that feels out of alignment, stop, take a breath, connect to your list of what matters, and then ask yourself to make decisions from that place.

Here are a couple of examples of how that has played out in my life:

1. Yesterday, I was writing out this worksheet, and had just finished my own list when my boyfriend got home from work. Jamie was napping, and my instinct was to say hi and then go back to my work. But since I had just written down how having a loving relationship with Calder was important, I took a moment and realized that I had time to finish my work later but we only had a little while before Jamie woke up that we could connect with each other. So I put my work away, both physically and mentally, and gave Calder a long hug and spent some time hanging out with him. We were able to connect and have a fun time, and the work still got done later.
2. This morning, I was doing laundry while Jamie played. Suddenly I stopped because I realized that my energy was really frantic (that "I have to get everything done" energy). I thought about how I want to FEEL as I move about this world, and realized that I didn't need to be in that frantic place to get the laundry done. So I just started to take some nice calming breaths as I did the laundry. Nothing else changed. I didn't stop doing laundry - it still had to get done. But I changed my energy as I did it.