

A Balanced life

To live a life that is happy, healthy and with limited stress, you need to balance it well.

Step 1- Define the key areas that are really important to you.

Step 2 - Ask yourself why these areas are important.

Step 3- Evaluate how satisfied you are with those areas and if you are getting the results you want on a scale from 1-10 (1 being not satisfied at all to 10 being the most satisfied you can be).

Step 4 - Pick ONE area and set a SMART goal (SMART Goal resource available).

Step 5- Execute the goal.

[illegible]