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How Balanced Are You ?

When was the last time you took inventory on your life?

Throughout our lives we accumulate lots of stuff. Non-essential stuff turns to clutter. Clutter clouds our vision, our purpose and the goals we most desire to achieve. The key to a happy and well-balanced life depends on our ability to get focused and stay focused on the things that are really most important.

My coaching process helps people take a thorough inventory on every aspect of their personal and professional life. It is a liberating experience. Life is an ever-changing process. However, it's easy to get into the "quick fix" syndrome and forget about mastering the basics of a well balanced life. Each day we are tempted and lured by the flavor of the day fads, diets, fitness machines, management principles and do-it-all organizers. Most are simply quick fixes, offering little to no balance or sustainability. Let's get back to mastering the basics.

Many things change in a year's time. If we do not adjust and align our personal and professional lives with these changes it is easy to get off course. Failing to take a inventory on our life for several years is a prime breeding ground for regret.

Let's start with your four major life areas. All that is needed is a pen and a single blank sheet of paper. Now, draw a perfectly square box. On the outer perimeter of each of the four lines on the box write these four words:

- Physical
- Mental
- Social
- Spiritual

That box represents a perfectly balanced life. A healthy and equally balanced box will serve as a rock solid foundation of enjoyment and success throughout your life.

Next to the perfect box, draw a box that is in direct relationship to your current lifestyle in each of the four primary life areas. Your lines represent the level of positive activity in each of the four primary life areas. Be honest with yourself.

How balanced are you? Is it a box? A rectangle? A triangle? Don't panic if your box looks a bit funky right now. Instead, consider yourself fortunate. You have just been introduced to a process, model and method that will serve you well throughout your life.

What changes are you willing to create a well balanced life?

To change your life, you must change your life. Are you ready?

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