



I Feel Off Balance. Where Do I Even Begin?

By Lisa Bobyak

If trying to maintain balance in your life makes you feel like a tightrope walker, you're not alone. Most of us have so many demands on our time and energy, we can often feel unbalanced and exhausted. Taking this quiz can help you identify your strengths and vulnerabilities, giving you a place to start.

True False

- ‡ ‡ 1. The only way I can successfully manage my life is to take care of myself physically and emotionally.
- ‡ ‡ 2. Nurturing myself enlarges my capacity to help others.
- ‡ ‡ 3. I eat healthfully and exercise regularly.
- ‡ ‡ 4. I get check-ups, go to the dentist, and take preventative precautions.
- ‡ ‡ 5. I set aside personal, quiet time for myself, whether I'm meditating or simply letting my thoughts drift.
- ‡ ‡ 6. I experience the gifts of each season: ice skating, sledding, bundled-up beach walks; gardening, hiking, more time outside; camping, swimming, barbecues; harvesting the bounty, gathering wood, spending more time inside.
- ‡ ‡ 7. Creativity nurtures me, too. I do what I love, whether that's cooking, drawing, painting, writing, dancing, singing or another creative pursuit.
- ‡ ‡ 8. Reaching out to others enriches my life. I spend quality time with family and friends.
- ‡ ‡ 9. Contributing to the world provides connection and purpose, so I give my time, energy and experience where it is most useful.
- ‡ ‡ 10. I notice and heed the emotional signals that tell me I'm out of balance: irritability, overwhelm, resentment.

‡ ‡ 11. If I feel that I'm catching a cold, I realize I may have stressed my immune system with overactivity, so I stop and take care of myself.

‡ ‡ 12. When I need or want to, I say no to requests for my time.

‡ ‡ 13. I listen to and honor the requests my body makes for such things as a nap, a walk, green vegetables, hot soup.

‡ ‡ 14. If I have something planned for myself, I don't just toss that aside when someone makes a request of me.

‡ ‡ 15. I'm busy, but I find time to do the things I want to do.

‡ ‡ 16. I'm happy. I regularly experience well-being, contentment, even joy.

Take a look at where you answered TRUE. Avoid the temptation to skip over the positive, only to focus on your perceived shortcomings. Celebrate what you're already doing well. This is where you start... by recognizing what's going well.

And, then, your second step is to choose one of your FALSE responses that you believe, if done consistently, will give more energy/time/capacity. Yup, only one.

Gently, yet consistently guide your attention to that one choice and allow it to become a part of your life. And then, after it's been integrated well, you can choose to focus on a new area.

Our "always on", "strive and drive" culture is a constant pull on our attention. We were not designed to go it alone.

If you know this is a good start, yet you'd like personal guidance, you can set up a complimentary [Beyond Burnout Strategy Session](#) with me. I help high achieving women prevent and heal burnout and create a life they love.

*All my best as you rediscover your best life!
Lisa*