

# Balanced Life

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# Introduction

Congratulations and a big Thank You for downloading this report!

Over the next few pages you'll discover four (4) simple steps to creating a map for balancing your life in all areas.

Not only that, you will learn to transfer what is currently working in specific areas of your life, over to areas where there are challenges and roadblocks.

Within each step you will find sound and practical suggestions which can be implemented immediately.

Ready, set, let's get started....

## **Step #1: Accept Current Situation As Is**

“There is a fine balance between honoring the past and losing yourself in it. For example, you can acknowledge and learn from mistakes you made, and then move on and refocus on the now. It is called forgiving yourself.” ---Eckhart Tolle



In order to progress and move forward toward our desired results or goals, we must first know and understand where we are currently. No matter how good, average, mediocre, or absolutely terrible our current situation, it is essential that we *accept* where we are currently, so that we have a solid platform and foundation from where to begin.

Lying to ourselves at this point will just impart another impediment to our progress and overall happiness. It is so refreshing to be around young children, as they do not hesitate to tell it like it is. They have no worries about what others think; neither should you.

Constructive changes in your life are possible. There is no one with whom to compete or impress. Acceptance of your current situation is to be welcomed with open arms.

## **Step #2: Recognize Current and Past Accomplishments**

“Happiness lies in the joy of achievement and the thrill of creative effort.” ---Franklin D. Roosevelt



Another important aspect in setting up a strong foundation from which to build is to be aware of all we have accomplished to date. This does a number of things to propel us forward, not the least of which is to give ourselves a good pat on the back, no matter how little or how much we have accomplished.

It's all too easy to take what we do well for granted, and only focus on our weaknesses and mistakes. Mistakes are great to get us to self correct and back on track, but not to be used to beat ourselves up.

Here's how to begin this process:

1. Make a list of your accomplishments to date
2. Review the list
3. *Feel good* about yourself
4. Recognize that you have special gifts to offer others
5. Realize others would be thrilled to have accomplished what you have done
6. Identify your individual traits that have led to your successes

I guarantee that there will be things on your list that others would be extremely happy to have accomplished. So the point is, do not short sell yourself.

# Step #3: Utilize Past Successes to Power and Transform Areas of Discontent

“Past performance speaks a tremendous amount about one's ability and likelihood for success.” --- Mark Spitz



At this point, take your list of previous accomplishments, and identify one or two with which you really resonate. Now use those successes to move yourself forward.

1. Break the accomplishment down into specific details
2. Record what you did correctly
3. Record any errors made along the way
4. Identify your thoughts about this area of your life
5. Rate your degree of confidence of getting this done

Now that you are able to identify your feelings and specific mindset that produced those results, take a goal or desire you have not accomplished, and observe if those traits were present. Most likely they were not.

What is easy for me or others may be difficult for you, and vice versa. As we identify what works, we are able to transfer those specific traits into areas where we have yet to accomplish our goals or desired results.

Now take your list of traits and actions which previously produced success in an area of your life. Go through each trait and see what comes up when setting goals for a challenging area.

- Record all ideas, apprehensions, fears, uncertainties, and other obstacles
- Recognize that these are gifts because once seen, you are now able to choose an alternate path
- Embrace your feelings (without a label, they are just feelings and emotions to be appreciated for their energy and power)
- Use this energy and power to reframe the thoughts into ideas which make sense in achieving a successful outcome in this area of your life
- Rinse and repeat

This is a step by step process which requires *patience and persistence*, as we are creating new habits in an area where we are not used to getting the results for which we are seeking.

# Step #4: Use Thought Provokers to Remind Yourself to Stay Present and Aware

“We do not remember days, we remember moments.” ---**Cesare Pavese**



A way for you to make this easier on yourself moving forward is to place some objects around the house to remind yourself to follow through on your new habits of thought.

These can be any odd objects or pieces of paper such as notes, small toys, or anything that grabs your attention when you see it. This will be a signal to take a specific action.

Repetition and consistency will ingrain those new habits into your daily routine. At this point you will *automatically* create the life you desire consciously and on purpose.

# Conclusion

“Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance.” ---Brian Tracy

What all of us really want is to be happy. Over the course of our life we strive for success in different areas, and find some efforts easier than others. When we have areas of our life where results are less than ideal, we tend to focus on those, rather than all the good stuff we have achieved.

What I have presented here is merely a basic outline of how to balance things out, so that you do not feel deprived by not having it all. “How can I easily have friendships and a good relationship, yet find it so difficult to make a decent living?” or “I have all this money and success, but find it so difficult to make friends and enjoy myself socially?”

Just fill in the blanks for your specific case.

Regardless of what is going on, all of us can most definitely use our unique talents and abilities to create the life that we desire in all aspects. Being successful in one area proves we can be in all others, since the basics are the same.

Here are a few final tips:

## **-Set up a daily program and ritual of change**

Write or type out a few bullet points on your new habits, and place a few thought provokers around the house to remind yourself of them.



### **-Deal with the resistance**

Resistance to doing this will occur. Don't be surprised. Expect and welcome it. When it is observed, it loses its power to influence you, and you are now able to make a conscious choice to go in a different direction.

### **-Be grateful for both your current situation, and your desired situation, which is on its way**

Gratitude has a way of putting ourselves into a harmonious state, which leads to consistent action and results.

### **-Stay consistent and never quit**

Changing ingrained habits is never easy, so expect that. Give yourself time to turn things around. The amount of time will be different for each person. We are all unique, and have had different types of experiences and conditioning up to now.

Recognize and accept where you are, and take the *next step*, whatever that is. When you begin to see results in the first few small steps, this will inspire you to continue, and deal with whatever arises. Determination and consistency will provide your desired results.

Most importantly, Enjoy the Journey!