



The Balancing Act

With the economy slowing down, is it me or are our everyday lives speeding up like never before?

We live in a fast paced world where so many important components of healthy, balanced living are often neglected, taking a back seat to work and family commitments. This can lead to increased fatigue, irritability and an overall lack of energy. Add to that the testing financial burdens placed upon us and our economy and it's likely our lives will become unbalanced. Taking time out for ourselves gets harder and harder but the need is so much greater.

We like to encourage you to look for small ways to improve your health and wellbeing and to get back to the fundamentals of healthy living and feel your energy for life.

It is time for you to look at ways to maximise your wellbeing, through relaxation techniques, exercise, informative seminars and even the indulgence you deserve with a weekend away.

Take the time you need to relax, re-energise and de-stress and your body will thank you for the goodness you bring it.

The following reflections on life are fundamental to living well no matter what your stage of life, but clearly their importance becomes magnified at times of crisis. Given the current crises that we as a community are faced with, it seems timely to identify how to balance our life so that as individuals we can learn over time to become increasingly resilient no matter what life throws at us.

The reality about life is that we are all but a work in progress.

During our life from the very beginning as infants we have all experienced new things everyday, we build up our concept of life based upon what we have experienced previously, in this way we always compare new experiences to this reference point to identify how to act accordingly based upon previous experience.

Each of us has a unique reference point with which to compare new life experiences to, and therefore form our own unique understanding of life.

I remember several months ago hearing a neuroscience researcher sum up our life this way, she said; "as children we are taught how to engage with the world, as teenagers we learn what our talents are, as adults we learn how to engage our talents with the world."

To live a life as simple as the above quotation requires a simple yet balanced approach. Such wisdom is more often than not accrued as a consequence of life experience and yet because we are a linguistic species we are able to articulate such wisdom to others.

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The greatest wisdom that I have come across that can be applied by all to maximize life balance in our western culture comes from the most respected evidenced based positive psychology academic Martin Seligman.

At the International conference on Happiness and Its Causes in Sydney last year Seligman identified his three keys to Happiness.

1. **The Pleasant Life** (Positive Emotion): having as many pleasures as possible and using skills to amplify it.
2. **The Good Life** (Positive Engagement): being in flow, Seligman suggests once we know what our highest strengths are we can re-craft our work, love, play, friendships, parenting to use them as much as possible.
3. **The Meaningful Life** (Positive Meaning): using your strengths in the service of something larger than you are.

Seligman suggests the sum of all is greater than the parts, however the most important for life satisfaction is positive meaning, followed by positive engagement, if you have these two then positive emotion will be the icing on top of the cake.

These three keys when integrated are essential to living a happy life.

Cheers Shelley Taylor-Smith

References: Martin Seligman (<http://www.martinseligman.com>)

PS: Need help daring to succeed in 2009? Join the **Champion Get Tough** 3month coaching program; guaranteeing you will dare to dream and succeed. Call Shelley on 1300 78 41 70 or <http://myemail.ezmsgs.com/em/message/email/view.php?id=265781&u=2345>

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About Shelley Taylor-Smith

Shelley Taylor-Smith is Australia's No.1 Mental Toughness Coach: by looking at how they spend their time and energy – and where they focus their attention – Shelley helps people transform their Champion potential into performance. An energetic and inspirational speaker, international bestselling author and corporate educator, Shelley demonstrates how harnessing the power of your mind and boosting your self belief can help you achieve your goals. With her passionate commitment to being relatable, Shelley delivers a powerful lesson in mental toughness. Find out more and subscribe to Shelley's fortnightly Champion Motivations newsletters go to:

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