

# DISCOVERING MY BALANCE – THE CIRCLES EXERCISE

What happens when we aren't giving the things in our life that are important to us, the time, energy and priority that we WANT?

We get STRESSED!

When stressed, we are reactive in FIGHT-FLIGHT-FREEZE mode. Our logical brains (IQ) does NOT operate when we are in this place. This is when we are driven by reactions, and often, our reactions in these situations are toxic. Poor behaviour.

Let's get BALANCED. That's the purpose of The Circle Exercise. Take the time to identify what YOU need for your life to be meaningful and fulfilling.

**1<sup>st</sup>** Identify all areas of YOUR life that are important to you. From the center circle, draw a spoke and another circle. Label it.

Examples of Life Areas of Importance: Health, family, spouse, children, friends, community, volunteer, learning, hobbies, pet, faith.

**\*\***This is your life – no one gets to provide you with an opinion or expectation of what your circles should be or should not be. These will also change throughout your life...so doing this exercise yearly and/or when big life events happen (getting married, new job, baby!) is recommended.

**2<sup>nd</sup>** Get specific about what you NEED in each of these areas for it to be fulfilled. When you write this list...it's not the things you are doing...it's all the things you NEED.

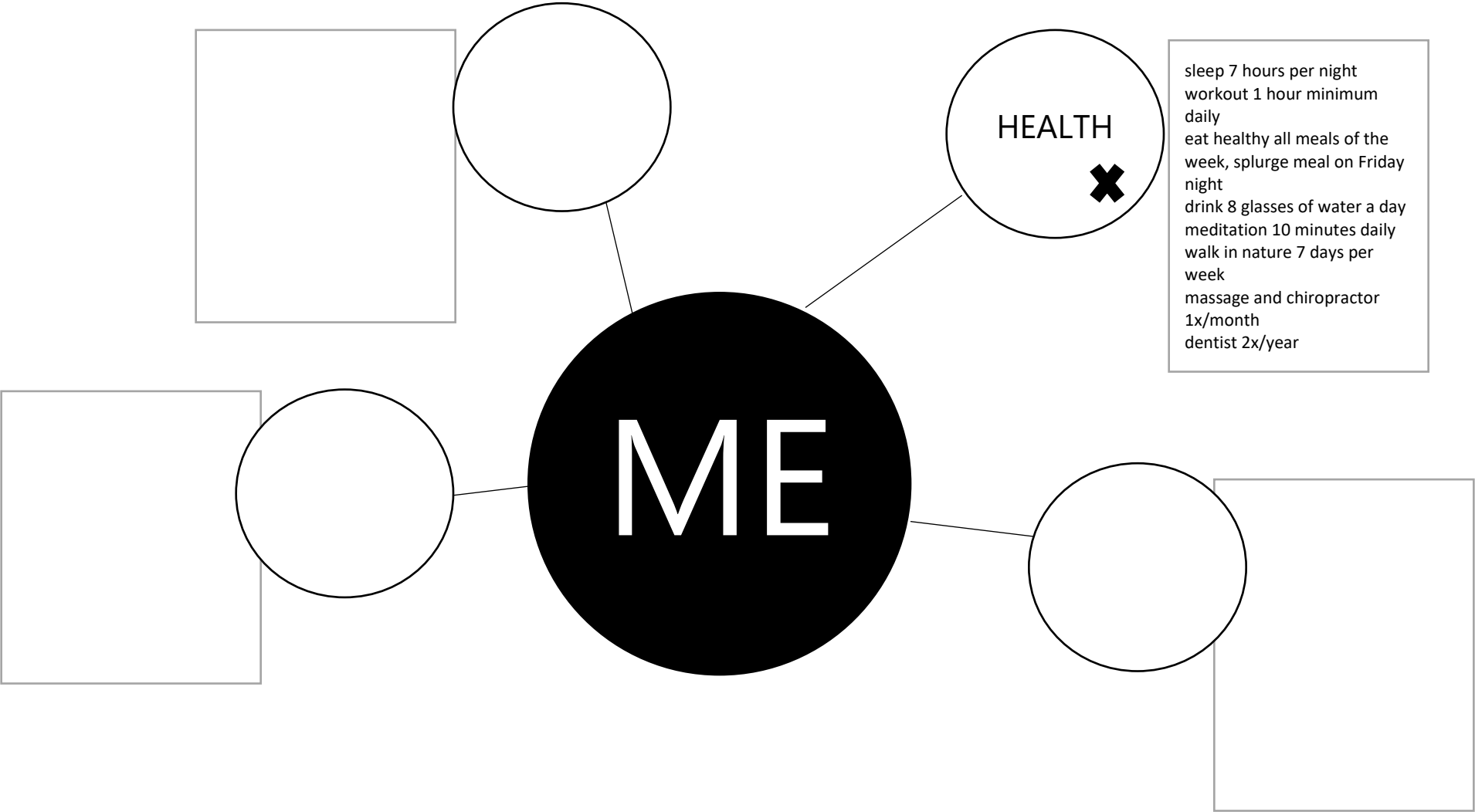
Example for Health Circle: sleep 7 hours per night, workout 1 hour minimum daily, eat healthy all meals of the week, splurge meal on Friday night, drink 8 glasses of water a day, meditation 10 minutes daily, walk in nature 7 days per week, massage/chiropractor 1x/mo

**3<sup>rd</sup>** Self assess your satisfaction for each circle with a check mark or an 'x'. This is only for you to decide – no one else needs to give an opinion. If you are satisfied with how that area of your is doing (= fulfilling) then give it a check mark. If you are not...give it an 'x'.

**4<sup>th</sup>** Areas of your life that are NOT fulfilling need an action plan. Your goal is to **tweak the dial** to begin to include the things you NEED from those circles into your day to day, week to week, month to month. This is how we move toward the life we WANT and self-actualize.

TWEAK THE DIAL

In order to give to areas of your life that you are not currently giving to, you will need to take time from other things. You may need to get up earlier in the morning to start an exercise routine. You may need to leave work at 5pm in order to start getting home to have dinner with your family every weeknight. Often, drastic changes feel good for the first 1-7 days, however, are unsustainable because they were too drastic. Tweak the dial by starting with 15 minutes of adjustment until you land where you NEED to be.



TAKING ACTION

The most important part in self-actualization is acting.

The moving of the dial leads to greater levels of meaning which leads to greater levels of well-being which leads to greater levels of happiness.

And happiness is a proven predictor of success.

Self-actualization is particularly specific to us as individuals. You and everyone you know will have a different outcome to the circles they choose and what is a part of each of those circles.

That is how it is supposed to be. Because the life we have is OUR life and if we have only one shot, why not make it the most amazing experience you can by focusing on what is most meaningful and fulfilling to you??

CIRCLE	ITEM I WILL ACT ON	WHAT I AM SPECIFICALLY GOING TO DO TO IMPROVE THIS ITEM <i>GET SPECIFIC AND DETAILED!</i>	WHO DO I KNOW THAT CAN HELP ME WITH MOTIVATION OR SKILLS/ABILITY? <i>FIND YOUR CHEERLEADERS!</i>	WHEN AM I GOING TO START AND WHAT’S THE FREQUENCY I’M DEDICATING <i>HOLD YOURSELF ACCOUNTABLE!</i>	WHAT PARTS OF ME ARE GOING TO HELP ME BE SUCCESSFUL IN ACHIEVING THIS CHANGE? <i>KNOW YOUR STRENGTHS!</i>	WHAT MIGHT BE SOME POTENTIAL OBSTACLES THAT GET IN MY WAY...AND 1 SOLUTION TO OVERCOME <i>BE READY FOR THE ROUGH PATCHES!</i>