

Feeling Powerful Finding Balance Within The Chaos

By Kyla Tustin



*Balance in life is key.
Finding balance in your life creates a feeling of POWER!*

When your life is busy, or all your energy is focused on one thing or area, it's all too easy to find yourself "off balance", not paying enough attention to important areas of your life, like family, relationships or most importantly yourself and the things you just LOVE to do.

While you need to have drive and focus if you're going to get things done, taking this too far can lead to overwhelm, frustration and intense stress, and can take the enjoyment out of your life and create feelings of powerlessness. That's when it's time to step back for a minute and gain a 'higher perspective', so that you can bring things back into balance.

*What percentage of your week is spent doing things that you LOVE
and which replenish your energy?*

You see, to keep our glass half full we need to keep replenishing our glass by spending time doing things which make our hearts sing and energize our souls. This includes setting time in our week for ourselves, our partners, our friends, and any other loved ones or pets that you might have. And most importantly keeping these commitments to yourself, especially in the weeks when things start to get out of control, so that you can still find balance and refill your glass and feel powerful and in control of your life.

No matter how busy we get within our weeks we always have 5 minutes we can spend on or with ourselves in stillness to create greater balance and refill our energy.

*Now choose one thing you LOVE to do
and schedule uninterrupted time to do this every week!*