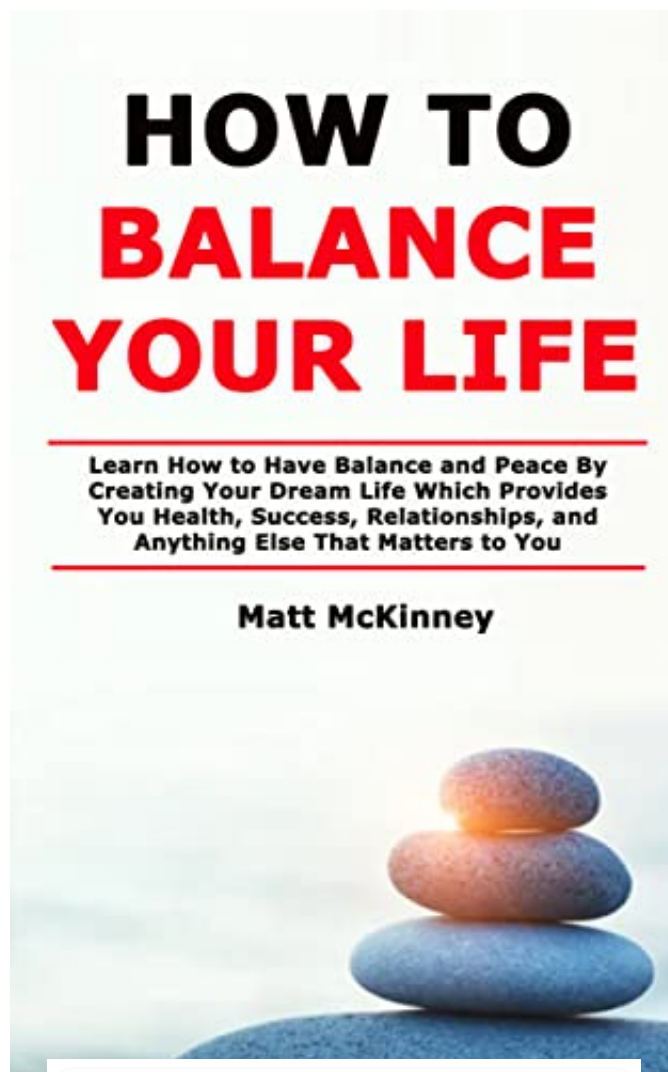


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How to Balance Your Life: Learn How to Have Balance and Peace By Creating Your Dream Life Which Provides You Health, Success, Relationships, and Anything Else That Matters to You

Peter L. Laurence



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Synopsis

& & Buy the Paperback version of this book and get the eBook version included for FREE & & Do you feel like there is something missing in your life? You are not alone. Work-life balance is the number one challenge of today's hectic world, and showing you how to get started with working towards your dream life is what this book is all about. There never seems to be enough hours in the day, people are working more than ever and seeing their loved ones less than ever. We live in a time of great opportunity, however, in order to truly be able to do anything about those opportunities, it is necessary to have a plan, and to be willing to miss out on other things in order to make sure that the truly important things get the time and energy they require. In this book, you can expect to learn about:

- How to figure out what matters to you
- How to not let your health slide
- How to use your hobbies to achieve more success
- How to make more time for important people in your life
- And a lot more!

The balanced life is the best life to live, and we all want it, however, it is not going to happen by itself, and the sooner you figure out what your dream life looks like, the sooner you can work your way backward in order to figure out how to create that life day by day. If you are ready to learn how to start working towards the life which offers you the things you value most, then scrolling over to the BUY button and clicking it is the first step.

Look inside the book

How to Balance Your Life Learn How to Have Balance and Peace By Creating Your Dream Life Which Provides You Health, Success, Relationships, and Anything Else That Matters to You By Matt McKinney © Copyright 2022 - All rights reserved. The content contained within this book may not be reproduced, duplicated or transmitted without direct written permission from the author or the publisher. Under no circumstances will any blame or legal responsibility be held against the publisher or author for any damages, reparation, or monetary loss due to the information contained within this book. Either directly or indirectly. Legal Notice: This book is copyright protected. This book is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part, or the content within this book, without the consent of the author or publisher. Disclaimer Notice: Please note the information contained within this document is for educational and entertainment purposes only. All effort has been executed to present accurate, up to date and reliable, complete information. No warranties of any kind are declared or implied. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical or professional advice. The content within this book has been derived from various sources. Please consult a licensed professional before attempting any techniques outlined in this book. By reading this document, the reader agrees that under no circumstances is the author responsible for any losses, direct or indirect, which are incurred as a result of the use of information contained within this document, including, but not limited to, —errors, omissions, or inaccuracies. Contents Introduction Chapter 1: Know What Is Important Remember When You Were Happiest Remember the Times When You Were Content Remember When You Were Pleased and Satisfied Identify Your Main Values Declare What You Value What If I Have Multiple Values? Chapter 2: Balancing Work Without Jeopardizing Your Profession Think About How You Work Stop With The Comparison Game Know How to Say No Leave Work at the Workplace Chapter 3: Balancing Loved Ones Think Ahead Switch off the Gadgets Listen to the Requirements of Others Utilize Words of Affirmation Chapter 4: Balancing Relationships What Makes Social Links Good For Health? What Counts How to Reinforce the Ties Chapter 5: Balancing Your Wellness And Health Chapter 6: Make Your Life More Fun With Passions and Hobbies Chapter 7: Nothing Works Unless You Do Chapter 8: Bringing It All Together Begin Simple Go Day By Day The Power of No Quit Including Additional Activities Give Yourself Time to Relax Place the Electronic Devices Aside Time Management is Your Friend What is Your Organizational Pattern? Conclusion Thank you for buying this book and I hope that you will find it useful. If you will want to share your thoughts on this book, you can do so by leaving a review on the Ebook Tops page, it helps me out a lot. Introduction Peace and joy could be tough to get. Discovering the appropriate balance which allows us to get to all of the various objectives that we have is not constantly as simple as we would wish. If we concentrate on our professions excessively, we lose out on time with loved ones and we will not have a good time with any of your pastimes whatsoever. Discovering a method to balance all of these various elements of your life may offer you the joy and peace that you require. This ebook will have a look at all the various elements that you have to balance together to produce this joy too. From balancing work, to aid with your profession, balancing your time with loved ones, balancing relationships, dealing with your wellness and health, and even discovering methods to balance in your pastimes, you are going to have the ability to discover peace as you work on them one at a time. However, how do you pick which one you should deal with initially? That just occurs when you understand what matters the most. This will be distinct for everybody who reads this book. Just when you genuinely understand which things are the most essential to you, are you going

to have the ability to make huge modifications in your life to discover the appropriate balance. Balance is typically among the toughest things to attain. It might seem like there are a million things which want your attention at any given minute, and discovering a method to handle them is going to be tough. With the assistance of this book and a few of the easy actions within, you are going to have the ability to enhance your life and produce all of the balance which you require.

Chapter 1: Know What Is Important

Prior to getting started, you initially have to identify what is essential to you. Everyone needs to respond to these things differently. What works ideally for someone will not fit that well with your way of life and may make you displeased in the process. When you specify what you want and what matters the most to you, you get an opportunity to find what is most crucial to you. An excellent way of beginning to do this is to have a look back on your life. Determine when you felt actually positive great and positive that you were making great choices, or when you rejoiced in your life. A few of the things you may do to make this work are:

Remember When You Were Happiest

This could be in your profession and in your individual life. Attempt to get the answer that fits in various classifications to guarantee that you get a bit of balance in the responses. As you think about the times when you were happiest, ask yourself:

1. What were you doing?
2. Were you with other individuals back then and who were those other individuals?
3. What other elements assisted you to feel happy?

Remember the Times When You Were Content

Now that we understand a bit more about being happy and what has a tendency to make us pleased in life, it is time to determine a few of the times when you were the most content. You may once again do this in your individual life and your profession to assist to develop the balance:

1. What was the primary explanation of your contentment?
2. Were there others who shared in this feeling as well, and who were they?
3. What were the elements which assisted you to feel content back then?

Remember When You Were Pleased and Satisfied

These will be distinct compared to a few of the other times on our list. These make you feel excellent and as if you had the ability to achieve a great deal more in your life. This may occur a lot in your individual life, however, it might likewise occur when something happens in your profession too.

1. What requirement or desire was filled back then?

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The book by Peter L. Laurence has a rating of 5 out of 5.0. 6 people have provided feedback.

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