

The Comeback Queen's Guide to a Life in Balance



If you are like most people, at the end of the day you crash into bed exhausted and frustrated. You fall asleep thinking is this what my life has become? Weekdays blend one into another with no discernable difference between the days. On top of that, your weekends are crammed with errands and chores, leaving little or no down time.

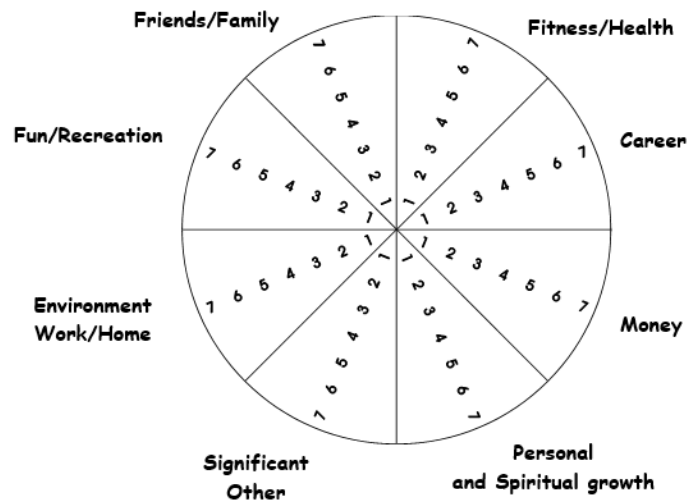
Do you feel like you are on a merry-go-round that's spinning so fast, you can't get off? If so, it's time to take a time-out, breathe, and refocus.

It's time to take a time-out, breathe, and refocus.

The best place to start is with a life balance wheel. The life balance wheel enables you to see where you are putting your time and energy and provides you a starting point to create focus and gain positive momentum.

The life balance wheel has 8 sections that represent the major parts of your life:

- Friends/Family
- Fun/Recreation
- Environment Work/Home
- Significant Other
- Personal and Spiritual Growth
- Money
- Career
- Fitness/Health



You complete the life balance wheel by rating your satisfaction for each of these 8 sections on a scale of 1 to 7; 1 means not satisfied and 7 means completely satisfied.

Once you have rated each section, draw a line across each section at your level of satisfaction, then connect all of the sections to create a picture of your life wheel. With that picture in front of you, answer these questions:

1. If your life wheel were a tire on your car, how smooth or bumpy would your ride be?
2. How do you feel about the shape of your wheel?
3. What would make you feel better?
4. Where can you focus your attention to smooth out your ride?
5. What's one thing that you can do to increase your satisfaction in this area?
6. Commit to start that one thing and sleep easier tonight!

Congratulations, you're on your way to a balanced life!

Contact me at marsha@comebackqueen.life to schedule a complimentary 30-minute consultation. To learn even more, visit comebackqueen.life and pick up a copy of my book, *Surviving and Thriving Despite the Drama*.
— Marsha

