

# FINDING BALANCE

*By James Smart*

How To Find Balance In Your Life  
For Peace And Happiness



# Disclaimer

This e-book has been written for information purposes only. Every effort has been made to make this e-book as complete and accurate as possible. However, there may be mistakes in typography or content. Also, this e-book provides information only up to the publishing date. Therefore, this e-book should be used as a guide - not as the ultimate source.

The purpose of this e-book is to educate. The author and the publisher do not warrant that the information contained in this e-book is fully complete and shall not be responsible for any errors or omissions. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by this e-book.

This e-Book offers information and is designed for educational purposes only. You should not rely on this information as a substitute, nor does it replace professional medical advice, diagnosis, or treatment.

*James Smart*

# Table Of Contents

<b>Introduction</b>	<b>2</b>
<b>Chapter 1: Know What Matters</b>	<b>4</b>
<b>Chapter 3: Balancing Family Time</b>	<b>17</b>
<b>Chapter 4: Balancing Relationships</b>	<b>21</b>
<b>Chapter 5: Balance Your Health And Welln...</b>	<b>25</b>
<b>Chapter 6: Balancing Your Hobbies And Pa...</b>	<b>28</b>
<b>Chapter 7: Don't Forget To Act</b>	<b>33</b>
<b>Chapter 8: Put It All Together</b>	<b>38</b>
<b>Conclusion</b>	<b>46</b>



# Introduction

## Introduction

Peace and happiness can be difficult to obtain. Finding the right balance to achieve all of the different goals that we may want is not always as easy as we would like. If you focus on your career too much, you can miss out on time with the family or miss out on fun with any of your hobbies. Finding a way to balance all of these different aspects of your life together can provide you with the peace and happiness that you need.

This guidebook is going to help you look at the different aspects that you need to balance together to create peace and happiness as well. From balancing work to help with your career, balancing your family and time with loved ones, balancing relationships, working on your health and wellness, and even finding ways to balance in your hobbies, you will be able to find peace as you work through them one by one.

But how do you choose which one you are supposed to work on first? That only happens when you know what matters the most. This is going to be different for everyone who goes through this guidebook. When you are aware of the things that are the most important and valuable to you, you will be able to make the big changes in your life to find the right balance.

Balance is often one of the hardest things that you are able to work through in your life. It may feel like there are a million things that are going to pull at your attention at any given moment, and finding a way to deal with them will be hard. With the help of this guidebook and some of the simple steps inside, you will be able to improve your life and create all of the balance that you need.

A person stands on a beach at sunset, looking out at the ocean. The sky is a mix of orange, red, and blue, with a crescent moon visible. The person's reflection is visible in the water. A large, semi-transparent rectangle is overlaid on the image, containing the text "Know What Matters".

Know What Matters

## Chapter 1: Know What Matters

The first step is to determine what is most important to you. Each person has to answer these questions in a different way. What works the best for one person may not fit that well with your lifestyle and lead to your happiness along the way.

When you define your personal values and what matters the most to you, you get a chance to discover what is most important to you. A good way of starting to do this is to take a look back on your life. Figure out when you felt really good and confident that you were making good decisions, or when you felt happy in your life. Some of the steps you can use to make this work includes:

### Find Times When You Were Happiest

This can be in your personal life and in your career. Try to get answers that fit in different categories to ensure that you get some balance in the answers. As you think of the times when you were happiest, answer some questions:

1. What were you doing?
2. Were you with other people at the time and who were those other people?
3. What other factors helped you to feel happy?

## Find the Times When You Were Proud

Now that we know a little bit more about being happy and what tends to make us happy in life, it is time to identify some of the times when you were the proudest. You can again do this in your personal life and your career to help create the balance:

1. What was the main reason that you were proud?
2. Were there others who shared in the pride as well and who were they?
3. What were the factors that helped you to feel proud at the time?

## Find Time When You Were Fulfilled

These are going to be different compared to some of the other times on our list. These made you feel good and you were able to accomplish a lot more in your life. This can happen a lot in your personal life, but may also happen when something occurs in your career as well.

1. What desire or need was filled at the time?
2. Why and how did the experience give meaning to your life.
3. What other factors helped to contribute to your feeling fulfilled at the time.