

FINDING BALANCE



RESOURCE CHEAT SHEET

Finding balance in your life will take time and dedication. You need to plan it out, know which values that you want to work on first, and have a good idea of what is most valuable to you. To help you figure out your values and get started with some of the best research to get yourself started, check out this resource cheat sheet!

Know Your Values

Knowing your values is going to be a key component to learning what you should work on first. Each person is going to come up with different things that are the most valuable to them. There is no right or wrong way to do this, but you need to focus on your own values, and not just the values of others. There are so many aspects of your life to balance out, and having a good idea of which values are the most important to you can help. Some resources to help with this include:

- <https://nickwignall.com/know-your-values/>
- <https://www.mantelligence.com/how-to-define-your-list-of-personal-values/#:~:text=Here%20are%205%20simple%20steps%20how%20to%20define,yo u%20look%20up%20to.%20...%20More%20items...%20>
- <http://www.markmerrill.com/7-ways-to-know-whats-truly-important-to-you/#:~:text=Here%20are%20seven%20ways%20to%20know%20what's%20truly,yo u%20neglect%20the%20most%3F%20...%20More%20items...%20>

Balancing Work

Work is important to many people and allows them a way to get ahead in life and really go after a good career. It is also the way that they can support their families. While you do not have to give up work to have balance, you do need to figure out the right steps to help you through it all without ignoring the rest of the aspects. Some of the resources that you can use to help balance out your work includes:

- <https://www.jmlalonde.com/5-ways-find-balance-work-life-play/#:~:text=5%20Ways%20To%20Find%20Balance%20In%20Work%2C%20Life%2C,5%20Schedule%20the%20important%20aspects%20of%20your%20life%3A>
- <https://www.goskills.com/Office-Productivity/Resources/Work-life-balance-tips>
- <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/work-life-balance/art-20048134>

Balancing Time with Family

Time with family can be very valuable. Your kids are only small once and you want to foster a good relationship with your spouse because you want to be with them forever. Finding time to spend with your family, good quality time that is good for everyone, can be difficult. But with some of the resources that you can use to make this a reality include:

- <https://www.calendar.com/blog/9-tips-for-balancing-work-time-and-family-time/#:~:text=%20To%20learn%20how%20you%20can%20effectively%20balance,time%20for%20exercise.%20According%20to%20t...%20More%20>
- <https://www.elearners.com/education-resources/student-life/how-to-spend-time-with-your-family-while-continuing-your-education/>
- <https://www.bing.com/search?q=Balancing+Time+with+Family&search=&form=QBLH&sp=-1&pq=balancing+time+with+family&sc=2-26&qsn=&sk=&cvid=081F81F3BB7E4D5C865B98A37D8527FC>

Balancing Relationships

Socialization and having time to spend with others is going to be very important in your life. This can help you to be open to new ideas and prevents issues like depression and more along the way. It is easy to get busy with all of the other things that you need to do during the day, but spending time with friends and family can be good for your health and your mind. Some of the resources to help you prepare for this includes:

- <https://courses.lumenlearning.com/wm-introductiontosociology/chapter/why-socialization-matters/>
- <https://homecareassistance.com/blog/socialization>
- <https://flagpole.com/advice/hey-bonita/2021/10/06/balancing-life-and-long-term-friendships/>
- <https://www.girlslife.com/life/friends/32034/cool-girl-guide-how-to-balance-multiple-friendships>

Balancing Your Health and Wellness

While you are working to add more balance into your life, you need to add in your health and wellness. If you do not take care of yourself, you will struggle with being able to do the work that any of the other aspects need. Your health and wellness make it possible to balance all the rest. Some of the resources that you can use to help with this include:

- <https://www.cdc.gov/healthyweight/calories/index.html>
- <https://www.insider.com/how-to-start-eating-healthy>
- https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-its-important#:~:text=Physical%20activity%20or%20exercise%20can%20improve%20yo_ur%20health,regular%20activity%20can%20improve%20your%20quality%20of%20lif_e.

Balancing Hobbies

You will need to take some time to balance in some of the hobbies and passions that you have along the way. These are probably the easiest ones to put on the backburner when you are worn out and tired from everything else. But these are also the things that give passion to your day and can make it more enjoyable. Some of the resources that you can do to help you balance your hobbies include:

- https://blog.studentlifefnetwork.com/2019/05/27/hobbies-balancing-work-life/#:~:text=Hobbies%20balance%20your%20lifestyle.%20They%20combat%20the%20regular_do%20in%20a%20week%20and%20offer%20personal%20benefits%21
- <https://contingencies.org/balancing-act-work-family-hobbies-fit-together/>
- https://www.skilledatlife.com/why-hobbies-are-important/#:~:text=1%20It%20makes%20you%20more%20interesting.%20...%202,y_ou%20develop%20new%20skills.%20...%20More%20items...%20

Additional Resources

Putting it all together is going to be a critical component to helping you get ahead when it comes to your life and enjoying it with happiness. Whether it is about doing the action steps to finally get ahead in life or you are looking at some of the tips to help you finally get to the balancing act, there are a lot of things to consider. Some additional resources that you can consider to help make things happen with balance in your life includes:

<https://www.minimalismmadesimple.com/home/balance-in-life/#:~:text=Elements%20of%20a%20Balanced%20Life%201%20Daily%20self-care.,one%20of%20the%20greatest%20motivators%20of%20all.%20>

<https://melaniedunlap.com/5-ways-to-add-more-balance-to-your-life/>

<https://www.hubgets.com/blog/persevere-meet-your-goals/#:~:text=Here%20are%20some%20recommendations%20that%20should%20help%20you,feedback%20is%20one%20of%20their%20main%20responsibilities.%20>

[https://addicted2success.com/success-advice/4-reasons-taking-action-is-crucial-in-achieving-success/#:~:text=Actions%20create%20habits%20–%20which%20lead%20to%20success,do%20eventually%20turn%20into%20habitual%20pa tterns%20of%20behavior.](https://addicted2success.com/success-advice/4-reasons-taking-action-is-crucial-in-achieving-success/#:~:text=Actions%20create%20habits%20–%20which%20lead%20to%20success,do%20eventually%20turn%20into%20habitual%20patterns%20of%20behavior.)

<https://www.wikihow.com/Say-No>

<https://www.wikihow.com/Avoid-Distractions#:~:text=Method%201.%201%201.%20Shut%20off%20your%20phone,when%20you%20have%20big%20projects%20that%20...%20>

[https://www.yourcourageouslife.com/know-when-to-quit-something/#:~:text=To%20know%20when%20to%20quit%20something%2C%20you%20ha ve,them%2C%20about%20your%20life%2C%20three%20months%20from%20now.](https://www.yourcourageouslife.com/know-when-to-quit-something/#:~:text=To%20know%20when%20to%20quit%20something%2C%20you%20have,them%2C%20about%20your%20life%2C%20three%20months%20from%20now.)

<https://www.mayoclinic.org/tests-procedures/meditation/about/pac-20385120>

Balance is important in every life, and being prepared to add some more balance to your life will be critical. With all of these great resources, you can slowly work on adding in some of the balance you need, giving your life more meaning and happiness than ever before.