

Your Secret Keys – Keeping Life in Balance amidst the flurry



Wow I am just coming off a whirlwind of activity and travel. Keeping life in balance while pursuing the dream life is vital to enjoying the journey,

The Balance wheel we use in Spiritual life coaching is an awesome way to keep your world rockin in Joy and love.

- Social and Friends spend some time every week getting out for some fun and frivolity. It is my habit to go dancing on the weekends, and catch a movie with a buddy mid week.
- Emotional Ease. Check in with yourself, how has the array of emotions been in the last week? Are you getting enough rest, are you mixing in some fun with your daily routines? Do you like your Life?
- Career. Are you making your career the best choice for you? Can you take it to the next level? What can you do to add joy, increase excellence and deliver more than anyone expects?
- The Ones You Love. Are you in happiness with the ones who are closest to you? If not, what needs to shift? Read The Four agreements, by Miguel Ruiz
- Finance. Boy this is not just about cash flow..do you have you investment portfolio, retirement and insurances in place? Do you have your will and trust and a durable power of attorney together? Get it together and get in the flow! Suzie Orman's courage to be rich is a great step by step guide book for getting it all done.

- Spirituality. Do you feel connected to the universe? Do you have a prayer and meditation life? Do you join in a community of spiritual seekers?
- Creativity; art, music, dance. This seems to be the hardest one for everybody. Tough to just play I guess. This though is vital to fulfilling the recipe for Joy and happiness ain't grace and ease.
- Health and recreation. Are you on a great food intake plan? Do you enjoy exercising daily are you taking regular vacations?

Eight Golden Keys to a life in Balance. The rewards are incredible. You will live in a different reality. When you live in this flow, this joy and fulfillment people will want to know what you do different. They will be attracted to you and you will find yourself in gratitude every moment.

Blessings and Light for a day of transformation

Bliss is an inside job!

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