TIME MANAGEMENT = LIFE BALANCE

BALANCE:

The trick is not just to become more peaceful, but it isn't to become more energetic either. The trick is to keep your balance. Study too much and your relationships suffer. Play too much and your productivity suffers. Try too hard and your spontaneity suffers.

Balance is the practice of practices. And it is never-ending. You continually find you balance; you don't ACHIEVE balance. Even if you were able to find your perfect balance and hold it, life itself will throw you off balance continually. There is no state of motionlessness for a tightrope walker. It is a constant adjustment.

However, you can get better at balancing. You can increase your awareness and your knowledge so you can detect sooner when balance is being lost and how to restore it.

When sailing, you set your sail and fix your rudder, but in a little while you need to adjust them because you're veering off course. Why? Because the wind has changed directions Or the current has changed, or your boat is listing to one side.

How do ships' captains deal with this? Simple. They constantly check their location and direction and readjust their course. They don't try to set their course once and for all. They keep checking and keep correcting their course, so they arrive where they want to go.

Do the same thing with your life. Keep checking, and keep correcting your course. Aim for balance and keep aiming, and overall, you'll be pretty balanced. Look closely at a ship's course and it looks like a zigzag. Rise enough above it and the course looks like a straight line. Trying to keep your balance, it will seem that most of the time you're OFF balance. But look at your life from a sufficient distance, and, if you are fairly vigilant about keeping your balance, it will also look good.