

## Live the Life You Deserve, Part 1

Feel as if you're racing through life and are unable to put on the brakes? Do you yearn for the feelings of freedom you used to have when you were a kid pedaling away on your bike?

Between the pressures of home and work, many people feel overwhelmed and are desperately seeking balance in their lives.

How can you regain that balance? Think back for a moment to your first bicycle experience. Who taught you how to ride? What lessons did you learn? Are you the same now as you were when you were little?

When we look back at the ways learning to ride a bike impacted us, we have a better understanding of how to recapture those childhood feelings - and how as adults we can enjoy this ride we call life.

### 1. Go from fear into gear.

Overcoming the fears that hold you back is the first step in getting a more balanced life.

The first time you rode a bike - were you scared? Probably. But most likely, your fear was soon outweighed by the incredible sense of accomplishment.

You may have even fallen off your bicycle many times, but each time you got on and pedaled again.

That courage to face your fears, fall, and get up and try again is the key quality to a successful life. When stressful and challenging events occur - you need to pedal on!

### 2. Know who you are to get what you want.

Your boss wants you to be more aggressive, the PTA wants you to be more nurturing, and your spouse wants you to be more compassionate - what do you want to be?

You need to identify both your values and the people who respect the real you.

You'll realize that success isn't about achieving; it's about becoming your authentic self. No matter what's going on in your life, you know what's right for you.

When you were a child, this authenticity came easily. If you wanted a purple bike, you didn't

care what anyone thought of it.

Now that you're an adult, the same freedom of authenticity stills hold true. You're in charge! Don't settle for a bicycle built for two... you want a bicycle built for you.

*Watch for the rest of the tips!*

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**Joyce can show you ways to help teams and individuals synergize their power to new levels by working through stresses and conflicts with resolutions, designed to create new levels of productivity and profitability.**

**As a coach, consultant, facilitator and author, Joyce has used her extensive professional experience with companies like Ford Motor Company, US Army Reserves and Blue Cross Blue Shield to provide bold solutions for individuals, corporations and associations.**

**Joyce attained her Master's Degree in Guidance and Counseling from Oakland University and sits on the Board of Directors for the School of Education and Human Services. She maintains her certification as a "Best Practices Company."**

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