

## Live the Life You Deserve, Part 2

How can you regain your balance? Last time we covered:

1. **Go from fear into gear.**
2. **Know who you are to get what you want.**

Let's continue!

### 3. **Stay balanced when the road is bumpy.**

If your life feels out of balance, the quickest way to identify what's missing is to focus on your core values.

What's holding you back from achieving balance in your life? Do you spend time on things that really matter to you ... or do you focus on other people's goals?

To gain balance, you first must be true to yourself. When you can gear down, relax, and enjoy the flowers on the side of the road, you can learn to see the right path.

### 4. **Discover the joy right where you are.**

Every day, people push themselves to the point of exhaustion. They complain that they don't know how to enjoy themselves anymore.

Instead of wasting energy worrying about the small matters, take a look at the big picture of your life:

- Schedule time for yourself every day - whether it's 15 minutes or an hour.
- Try to remember when you rode your bike just for the sheer pleasure of riding. What can you do today to rekindle those emotions?
- Think about the people who bring happiness to your life.
- Start appreciating what you have instead of concentrating on what you want.

Your ability to face your fears, be yourself, stay balanced, and enjoy the moment will help you recapture the feelings of your youth ... when your bike was your ticket to adventure.

### **Conclusion**

Sometimes the journey will be easy coasting, while other times it will be an uphill bumpy trek. Either way, it's up to you to take the initiative and design the kind of life you want to live.

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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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