

What do you consider to be a well-Balanced Life?

Those at the top of their game will tell you that there is no such thing as a balanced life. From their perspective, that's ok, but the statement isn't strictly true.

There are some people who prefer a life that's unbalanced, but that preference really doesn't appeal to everyone. **A life that is well-balanced life is a beneficial aim for the majority of the us.**

So. What would you consider to be a well-balanced life?

I say that it is everything that you like to do, being done when you want to do it. There are no feelings of guilt or giving something up to do it.

A balanced life isn't the realm of only those with lots of money, or the those that want to be the best in their field at something. It's for all people that want to (and, more importantly, can) enjoy all aspects of life, rather than focus on just one thing.

In short, a balanced life contains everything you want it to contain.

All balanced lives have some key things in common:

1. **Finances.** Unfortunately, if you're struggling to pay bills, your life isn't as balanced as you'd like. If you can't do the things you most want to do for financial reasons, your life obviously isn't balanced. Do you spend all of your waking hours trying to earn enough money? These are tough times and needs must. You don't need to be wealthy to have a balanced life, but you do need to have enough resources.
2. **Transportation.** Can you get where you need to be, when you need to be there? Transportation can take the form of walking, public transport, friends, or your own car or bike. Reliable transportation is an important part of living a balanced life.

3. **Friends.** You might need ten friends, or one might be enough. However, **we all need at least one friend.** You can't do everything alone, though many do and are happy to do so.
4. **Partner relationship.** This one is optional for many people, but entirely necessary for others. Most of us do better if we have an intimate relationship, or a relationship with the potential to become more. Busy people often neglect this area of their lives, but that can be a mistake.
5. **Health.** While your health isn't 100% under your control, you may have more control over it than you've probably exercised
6. **Time.** If you don't have enough free time, your life isn't well-balanced. **How much free time do you need? That's up to you.** However, if you don't have time to do the things you really want to do, you don't have enough.
7. **Fun.** Whilst times may be grim, we all need to have some fun once in a while. Can you quickly answer the question, "What do you do for fun?"? If not, you have some work to do.
8. **Personal growth.** Progress is part of enjoying life. We feel great when we're making progress. How have you grown and changed in the last six months?
9. **Career.** Money is one thing. Your career is another. Though, they can be closely related. If you make plenty of money, but hate how you make it, your life could be better.

Do you have a balanced life? It's easy to know. Do you have the money and time to take care of yourself, your family, and to do the things you most want to do? Do you have the social life you desire? Do you have enough time in your week to have fun and grow personally? Do you enjoy your career?

You already know if your life is balanced or not. If it's not, what are you going to do to get it into balance?