



## Choose To Be Balanced

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**From Build It Big Chapter 8 – Integrating Home and Business**

*Balance is not a matter of fitting everything into your life; it is a matter of deciding what is important to you and fitting all the important things into your life.*

A direct-selling woman can have balance amidst the madness. You must make conscious choices about what you do with your time, and the people you spend time with. Here are some conscious choices you can make to bring balance to a hectic life.

### Have a Plan That Includes All Facets of Life

- Give yourself one day a week.** Select a day when you don't schedule *any* business, better known as a *Freedom day*.  
What is your Freedom day and what will you do?  
Day: \_\_\_\_\_ Activity for just you: \_\_\_\_\_
- Schedule in playtime, just as you do work time.** Whether it is a date with your spouse or an outing with the kids—don't leave *having fun* up to chance.  
Day: \_\_\_\_\_ Activity for Playtime: \_\_\_\_\_
- Work Hard, Play Hard.** When it's time to work, stay focused and productive by giving the task at hand your full attention and working your specific plan for that time.  
Plan for the day: \_\_\_\_\_
- Take time to learn.** . It is important to continually refuel your mind with positive information. Simply take 10–15 minutes a day to recharge your brain and learn something new.  
Monday: \_\_\_\_\_ Tuesday: \_\_\_\_\_  
Wednesday: \_\_\_\_\_ Thursday: \_\_\_\_\_  
Friday: \_\_\_\_\_ Saturday: \_\_\_\_\_ Sunday: \_\_\_\_\_
- Strengthen your spiritual connection.** Take time to grow spiritually as well as personally. Know that you are not alone on your journey and that faith and love will bring forth your ability to do more than you ever thought possible.  
What will you do today to strengthen your spiritual growth?  
\_\_\_\_\_

### Establish Variety In Your Life To Stimulate Your Soul

- Rev up your social life.** Seek out friendships with people who are fun, positive, uplifting, and excited about life. (You are allowed more than one!)  
Who fits this profile in your life? \_\_\_\_\_  
Activity to do with this person? \_\_\_\_\_

- Create a calming personal environment.** Life seems more out of balance when there are clothes on the floor, the kitchen is a mess, and every surface is covered with *stuff*.

How is your personal Environment? \_\_\_\_\_

Steps to create a calming environment: \_\_\_\_\_

\_\_\_\_\_

### **Control Your Inner World**

- Let go of guilt!** Do you ever feel guilty about not being with your kids when you are working, and then feel guilty about not working when you are with your kids?

What plan of action will you take to help make playing and work time for yourself?

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- Give up Time Wasters.** What are your time wasters? It may be watching TV, chatting on the phone, e-mail, surfing the Internet doing "research," shopping, or reading romance novels. Substitute 30 minutes of that time for something that nurtures your soul:

What will you give up for thirty minutes for something that nurtures you?

Giving up for 30 minutes: \_\_\_\_\_

Nurturing Activity 30 Minutes: \_\_\_\_\_