

How are you holding yourself back from a balanced life?

Very few causes of life imbalance lie completely beyond our control, and many solutions for better life balance are *easily within our grasp*.

More often than not, when we really analyse our lives, we find that we have been the chief architect of our over-complicated, over-functioning lifestyles.

Circle the traits with which you identify, in the table below.

Common choices, behaviours and actions that cause imbalance			
Guilt	Perfectionism	Disorganisation and procrastination	Lack of assertiveness
Using hyper-activity to run away from problems	Fear of losing control	Confusing material acquisition with quality of life	Addiction to the thrill of fast-paced living
Craving variety in life	Need for significance (the sense of being indispensable)	Misjudgement of the time it takes to do things	Seeking attention, or not wanting to be left out of things
Lack of clear goals and/or lack of focus on goals	Accepting too many commitments, or not keeping track of how much is on your plate	Wanting to appear capable, reliable, helpful, dependable or selfless	Not knowing your own limits until after you have exceeded them
Poor productivity	Wanting to be liked	Habitually saying 'yes'	Seeking 'certainty' by doing it all yourself
Trying to compete, or keep up with, others	Having a sense of obligation to put others before yourself	Refusing to adjust pace to changing circumstances	Not knowing how to control your boundaries

Think of three choices that you have made in the past that have resulted, directly or indirectly, in an increase of pressure in your life. From the list above, or from reasons of your own, what do you think may have driven your thinking for this particular choice?

Choice	What prompted it?

If you had choose three signature behaviours, habits or actions that might be contributing to the imbalance in your life, what would they be?
