



# Balanced Living

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## Creating Balance



## Newsletter Content

- Creating A Balanced Life.
- Personal Life Coaching: The Road To Success.

Some believe the notion that a truly balanced life is only a myth. With too much to do and with too little time to do it, anxiety and stress replaces happiness much of the time. However, there is hope, because the ability to change our lives exists in all of us. We just need to learn how to become more balanced.

Living a balanced life is the ability to take all that life throws at us from our careers, home, health and everything else, and put it in a central location so we can reframe it in order to better understand it, learn from it and grow from it.



Create a Vision Before you start, you need to know where you want to go. The lack of not

having a plan is what keeps some folks from creating the life they want because they have no idea what they want in the first place.

A life vision is not an etched in stone deal that can never be changed; but

rather, it is a high-level vision statement that goes something like, "this is what I want from my life."

For me, I want to meet, or exceed, the financial and emotional needs of my family. I want to be in control of my future and give myself the ability to have choices with my career. I may not achieve all of these things every single day, but this vision is what gives me focus and a very good idea of what a balanced life looks, and feels like, when I'm struggling and veering off course.

**I identify Your Goals**  
Your life's vision is what provides direction to how you want to live; your goals are the basic components of your vision. Your goals help make your vision a reality. For the most part, goals are measureable and quantifiable.

Goals can vary in size and scope. One goal might be to retire at age 50 in order to begin living your life's passion and another might be to find one evening during the week when you and your partner can go out and spend some time alone.

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*We have overstretched our personal boundaries and forgotten that true happiness comes from living an authentic life fueled with a sense of purpose and balance.*

Dr. Kathleen Hall

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Often, our lives feel out of balanced when we have not clearly defined our goals or we are not actively pursuing them. Take time each week; each day, to consider what you want to accomplish. Make a plan to align **your activities to your life's vision.**

#### Prioritize

**Do what's important first.** The distractions of email, text messages, and mind-numbing television can keep us from focusing on what is truly important.



In order to spend time on **activities that support your life's vision** and keep your daily life in better balance, consider these productivity tips:

- Have at least one hour of email amnesty each day at work, or try to shut-off your email one day each week.
- Get up at least 15 minutes earlier each day to give yourself a better head-start and use this time to make your plan for the day.
- Make a list – mental is fine, but written is better, of the things you need to accomplish and the things you want to accomplish for the day.
- Be on the outlook for time-killers such as planting yourself in front of the television or thinking of who to call next.

- Know what you value most in life and then spend more time there.

#### Five Golden Minutes

Take five minutes each day and consider what worked for you **and what didn't.** Look at the things that made you feel successful and happy compared to those that contributed to anxiety and stress.

Look for patterns. Living a balanced life is about identifying **and doing more of what's working** and less of what is not. Stop and think if your actions and thoughts support your visions, goals and values. Nurture the ones that are effective and adjust the ones which are counterproductive.

#### Pay Attention to Your Body

If you are feeling fatigue and worn down at the end of the day, or find it difficult to get up in the morning, these are signs of emotional/mental confusion resulting from a life that is not consistent with our values.

Persistent headaches, constipation, and muscle tension are all warning signs your body, and your life, are out of balance.

Your body is an excellent sounding board. It will tell you a lot about the quality of your life if you choose to listen.

Ask for Feedback and Help **I'm not sure any body has everything figured out.** Asking for feedback is not a sign of weakness – **it's a sign of resolve and determination.** It shows a commitment to wanting to improve your life and for learning how to balance everything thrown at you.

Reach out to those who have experienced what you are experiencing and seek their guidance.

#### Make Adjustments

Stuff happens. Sometimes we are thrown a curveball when we are expecting a fastball.

We can think something is expected to happen, and then unexpectedly, something else happens instead. Life is **dynamic. Yes, it's good to have a plan,** but a big part of any plan is the contingency plan that stands right behind it. Having a good back-up plan can help us keep our balance when we see the fastballs coming.

#### Rest and Relax

Taking a time-out now and **then isn't a luxury as much as it is a necessity. It's important** to take a step back and process everything going on in your life. Your vision can be a lot clearer when you are not so close to the situation.



Creating a balanced life involves slowing down long enough to identify what your ideal balance looks like.

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## Personal Life Coaching: The Road To Success

Life Coaching is about helping you to be what you want to be. The coach will help you make the plan a reality.

Many times people will seek counseling when life coaching may be more effective and with quicker results. Life coaching is **not therapy or counseling**. It's about looking forward, identifying action steps and being accountable to a coach.

Using a life coach gives you a better chance to achieve results:

- The coach will act as an impartial person to help give you a better perspective on the issues you face, help you expand the choices available to you and help you test your action plan so that it can really happen.
- The coach will bring a variety of techniques to help you overcome obstacles.
- A life coach will help you see how good you really are and improve your self esteem.
- A life coach keeps you focused on your action plan, motivates you to keep the pace up and helps find ways around the barriers that can crop up.

Michael Byler is a Licensed Professional Counselor and a Certified Personal Life Coach. He will help you develop and apply strategies that will allow you to dramatically improve the quality of your life, relationships, career, health, emotional well-being, and more.

In this dynamic partnership, he will provide you with guidance and encouragement while helping you gain insight, focus, awareness, and the confidence and motivation you need to reach your personal best.

Just as athletes train with coaches to learn the skills that make them **champions, you will "train" and** learn new, positive habits that you can implement throughout your life.

Life coaching can be done in person or on the phone. If you have a desire for a more fulfilling and rewarding life then life coaching is for you.

To schedule your free initial session, contact Mike at 678.881.9870 during normal business hours.

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Mike is a Licensed Professional Counselor in Northwest Metro Atlanta, Georgia. He has been in the mental health profession for 20 years and provides psychotherapy for children, adult individuals and couples. He is also a Certified Personal Life Coach.

Please feel free to contact Mike with comments on topics in this newsletter or suggestions for future articles.