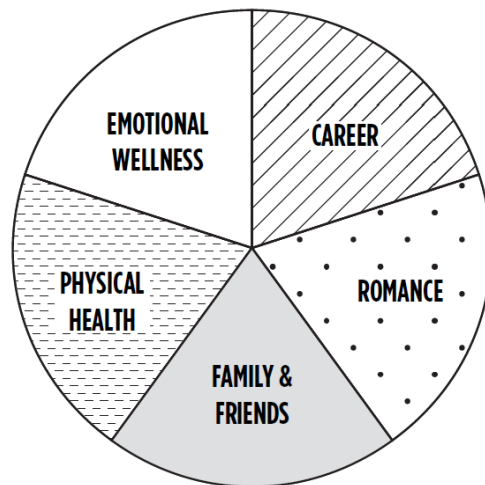


**MODULE 1 | LESSON 4****THE WEIGHT OF YOUR WORLD****OVERVIEW**

People think balance is impossible, but I think it's their definition of balance that makes it so. There is no such thing as a "perfect" balance, and balance isn't something you achieve once and then have forever. There are always going to be new demands on you (and more excuses you can make to avoid balancing things). Instead of giving up on balance because it doesn't look like "what it's supposed to," keep rebalancing and shifting allocations as you go.

## EXERCISE 1: WHAT'S IMPORTANT TO YOU?

Let's rethink the imagery of balance from a scale with two parts, to a pie chart. It's time to start balancing a budget of sorts now— a budget of your time and energy. Add or delete whichever categories you want later, but for now, we'll start with five of the most common areas of our lives that we value and try to juggle: career, romance, family & friends, physical health, and emotional wellness.



The categories fit nicely into our four Fs: Finance (career), Family (family & friends, romance), Fun (all of the above), and Fitness (Emotional Wellness and physical health). That's intentional; your goals should play into the choices you make about how to spend your day. Keep that in mind if you personalize the categories later.

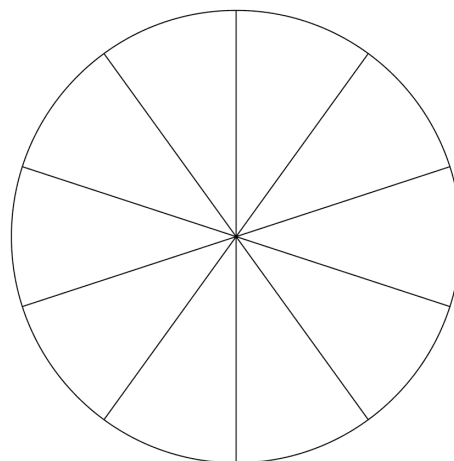
### Step 1

Most exercises like this have you divide the pie by assigning each area of your life a percentage to reflect the weight it holds right now, with the percentages totaling 100 percent. Instead, we're going to play with some points, of which you get ten.

Take your five categories, and divvy up your ten points between them—reflecting the weight each category holds right now. Don't worry about the future, just focus on the now.

<b>CAREER</b>	
<b>ROMANCE</b>	
<b>FAMILY &amp; FRIENDS</b>	
<b>PHYSICAL HEALTH</b>	
<b>EMOTIONAL WELLNESS</b>	
<b>TOTAL POINTS</b>	10

BTW, you can easily turn the points into percentages by adding a zero and a little % sign. If your brain likes the visual, shade in the pie chart below (divided into ten pieces so you can get a better visual of where things stand.):



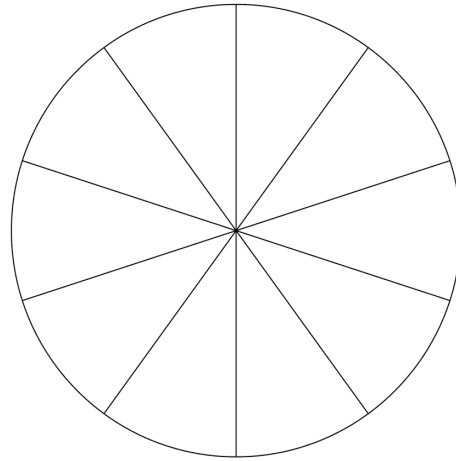
## Step 2

There's no right answer to the way that you allocated your points in Step 1. It doesn't matter how you slice this pie, as long as the way you slice it is right for you (with one exception, which is to include at least one point for Emotional Wellness—trust me on this.)

1. How do you feel when you review your points? Do you feel empowered? Resentful? Overwhelmed? Write down how you feel, free of judgement.

If you feel you want to tweak how you allocated your points after digging deep, take another stab at it here:

<b>CAREER</b>	
<b>ROMANCE</b>	
<b>FAMILY &amp; FRIENDS</b>	
<b>PHYSICAL HEALTH</b>	
<b>EMOTIONAL WELLNESS</b>	
<b>TOTAL POINTS</b>	10



2. How do you feel about the categories? Do you have extra points that you aren't sure where to put (which might indicate a missing category)? Do you want to add a category, or, is there a category you want to take out altogether because it doesn't pertain to your life right now?

Listen to that reaction, and switch it up if you need to.

*Balance is whatever you make it, as long as you're aware of what you're focusing on now and what your priorities are for the future. Instead of giving up on balance because it doesn't look like "what it's supposed to," keep rebalancing and shifting allocations as you go.*