

# FINDING BALANCE

By Donna Deos

Last month we talked about how to know when you're in over your head and what to do about it and I promised that this month would be about Finding Balance. So, here we go!

## First, what is balance?

It's that middle space where things are fair and equal. It's where things work right. Sound unfamiliar to you? I'm sure it does! It's a pretty illusive thing when you think about it. In this "go, go, go" world of ours where we are just rushing and doing and always in motion, it's hard to realize that balance is even a thing we can obtain. It's something that we really don't have the time or energy to think about and that's the real problem here, isn't it?! Balance is supposed to be the place where you have time for you. For the things you enjoy doing and want to do. It's time for the walk in nature, the visit to the beach, the quiet afternoon reading a book, the time playing games with your kids or grandkids, or visiting with friends. It's where you can relax and enjoy in between the go, go, go. Finding balance means paying attention to *everything* in our lives. It means taking a step back.

## Yes, I'm saying you do have to Stop. Breathe. Pay attention.

Then, think about what you want for your life. What does your ideal life look like? If you could have things exactly as you want them, what would that look like for you?

- Would you have enough time to do the things you enjoy?
- Would you have enough money to pay for the things you want and need?
- Would you have loftier goals?
- More time off?
- Less things to do and more fun doing them?

Whatever your ideal perfect life looks like to you when you imagine how you want it to be, is *your* ideal life.

Now, to get there, you need to look at all you are currently doing that isn't in line with that. What are



the things getting in the way of that ideal life that you want? Write them all down. Use as many pages as you like. While you are making the list of the things preventing you from the ideal life I want you to make two other lists (or, if that's too much all at once do them in sequence): one for the things you are doing and would enjoy continuing doing, or really feel that you have to keep doing for whatever reason.

The second list is of people or organizations that can help you with the things that are getting in the way of your ideal life. To find balance, it's like doing a strategic planning session. This one is a strategic planning session for your life though, not your business. You need to look at your mission: what you want to do – the overall goal; your vision: what it looks like (your ideal life); your strengths, weaknesses, opportunities and threats; your current situation (the list of everything on your plate/to-do list); and then you need to put it all together in a different format that gets you to where you want to be...

## Your plan for your ideal life – a.k.a. balance.

The list of people who could help you are your "Opportunities". Ways that you can take some things off of your plate like: hiring a cleaner to do your housework, or having your kids do some work and give them an allowance.

For seniors, you can hire in home care companies to help with the tasks that are undesirable or maybe you want the companionship because they can enhance the quality side of your life in having



Donna Deos, LLC

Spiritual Teacher & Transitions Specialist

603-224-4178

1-855-772-2622

\* Counseling \* Coaching \* and Education \*

From your first "OMG Moment" where a loved one needs your help, right through care giving, advocacy, lifestyle changes, terminal illness, death, dying, grieving and all that comes after. You are not alone—we are here to help. [www.donnadeos.com](http://www.donnadeos.com)

someone to shop with, to go to the movies with or to play cribbage or some other game you love.

The opportunities people list is not just about getting rid of undesirable things to do, it can also be ways in which you are then able to accomplish the quality of life items on the ideal life list. Maybe your ideal life has your home being completely cleaned out and organized. You can hire people to do that. What a burden that lifts and it gives you a desirable space to live in which enhances your quality of life.

There are many ways to find balance. They all begin with looking at the larger picture, breaking it into pieces. Assigning ways to divvy up the pieces and get things done.

## Most importantly, it means realizing that YOU do not have to be the one doing all of the DOING.

Let some things go. It will be okay. Even if they never get done, in some cases, that still works perfectly fine. It's all about quality of life NOW. Finding balance means you have enough things in your life that bring you joy and make you happy that the things that don't really don't matter. You have balanced them off with good things. You are in the middle, the happy medium. And, it feels good and you are finding that ideal life that you always wanted. It's easier than you think. If the idea of this process overwhelms you, then hire someone to help you with it. (Like me!) Many of us never take the time

to envision what we really want in life. What our ideal life looks like. That is your first step. Create your vision and then we will take it from there. I look forward to finding out what your ideal life looks like. Remember, you can do this at any age! And, I can help you. I want to help you, so all you need to do is reach out to me and let me.

## The Greater Concord Photography Club's Third Annual Photo Exhibition and Sale

Friday, November 11th through Friday, December 2nd

Kimball Jenkins Art School, 266 North Main Street, Concord

The exhibit will be located in the Carriage House, Monday through Friday, 9:00 a.m. to 4:00 p.m. Opening reception on November 11<sup>th</sup>, from 5:00 p.m. to 8:00 p.m. will feature a door prize – winner chooses any photograph in the exhibit. Exhibition and reception are free and open to the public. For further information, contact [concordphotoclub@gmail.com](mailto:concordphotoclub@gmail.com). We are looking forward to this event and certainly hope you can attend!

## A-1 Enterprises STUMP GRINDING

Fully Insured Call Skip Trudeau Free Estimates  
Cell: 603/557-9083 Shop: 603/774-3725

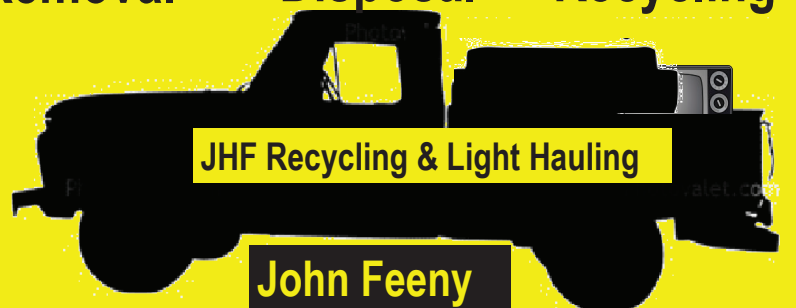
Ask About



Cordwood

1021 Montalona Rd. Dunbarton, NH. 03046

## Removal Disposal Recycling



144 Kaime Rd. Chichester, NH. (603)496-1923