

simple intentions

BEST PRACTICES: EVERYDAY LIFE

You do not have to reinvent your life or take drastic steps to feel more in balance. Better balance can come from small shifts in what you think, do and say in your everyday life.

- Get clear on your values. Write them down.
- Set clear boundaries to uphold and live your values.
- Have a “family meeting” to share your values and boundaries with the important people in your life.
- Stop blaming others for the things that are not going well in your life.
- Accept responsibility for the choices you make, including the choices that cause imbalance.
- Know what you are really complaining about in life. Ask yourself what is really wrong, and understand how your complaining might be linked to your values.
- When you complain about what is not working, attach an action to change the situation.
- Say what you mean – be your word.
- Do what you say you are going to do. Align your actions and words.