

The Balance Challenge

This month, our focus on time wisdom; how to **use** your time and not allow your time to **abuse** you.

Thinking back over the last month and being very honest... how did you approach meeting the 30 Day Goal? Did you get wrapped up in simply meeting the goal at any cost, did you put meeting the goal to one side everything 'something came up' or did you assign time daily to work on your goal plan and stick to it?

Many people understand how to SPEND money but miss the correlation of the word 'spend' when they need to SPEND time. But if you think about it, the real difference between time and money is that you can always find a way to make more money, but you can't make more time.

Every goal you set yourself takes either one or the other. If you spend your own time on getting something done, you can save money on it, and if you spend money on getting it done, you will likely save yourself time. But the key to knowing which approach is better is being aware of what your time is worth in practical terms.

For example, say you got paid \$50 an hour at work, but you got so behind with the family laundry and housework that you took a day off to catch up, that day off would cost you \$320. Why? Because you just spent a \$400 day (8 hours at \$50 ph) doing a task you could have paid someone \$10 p/h to do for you - \$400 less \$80 is \$320, and that makes for some VERY expensive laundry/tidiness

Apply the same mindset to time as money – always checking to see what you are getting for your investment of time can really help you to see what is worth spending your time on. We are all great at sniffing out \$\$ bargains. But the idea of getting a 'time bargain' is definitely worth thinking about. We can all improve on that!

Taking the time to think about figuring out and realigning our priorities and working out how to implement necessary changes to be sure we achieve our desired goals is so important. But living a well-balanced life, is even more important.

So, let's find our balance together.

This month's challenge gives you an outline for each of four weeks. If you want balance, you have to mindfully choose it. Following this outline closely will tip your balance back into kilter and make achieving your goals while maintaining a strong sense of self, selfcare, and loving care for those around you, a much simpler life routine.

Week 1: Unpacking "Where are we going?"

Let's dig deep and take a micro look into some of the things that are not working for us, but don't forget to acknowledge the things that you have already got working smoothly. We can learn from both.

Here are some questions that you need to ask yourself:

1. Write down the three biggest RECURRING things that you feel got in the way while you worked to reach the goal. If there were more, you can only extend the list to five. This is not about beating yourself up, its about noticing habits.

a) _____

b) _____

c) _____

2. Write down three UNEXPECTED things that maybe threw you off track?

a) _____

b) _____

c) _____

3. While you were working towards the goal, what three habits HELPED you most through the month?

a) _____

b) _____

c) _____

4. Did you achieve the end goal? Yes or No ('yes, but', or 'no, but' not allowed)

5. Whether you did or you didn't, list three successes that came from your efforts.

a) _____

b) _____

c) _____

6. What 3 things do you now notice retrospectively about your planning?

a) _____

b) _____

c) _____

7. Could you have been more successful with *more* planning ahead – Yes or No?

Week 2: Re-build "Making the map"

Use this week to identify the areas of your life or business (or both) that you need to enhance, support or rebuild if you are going to get great at achieving goals AND creating a healthy life balance at the same time. Based on the things you identified from last week, let's check out any negative patterns and look for positive solutions.

Here are some questions that you need to ask yourself:

1. Do the recurring things that hindered you last month actually show up in other parts of your life?

For example, maybe you procrastinated about a specific task and thought you just didn't want to get 'that thing' done, but when you look at your life through the honesty lens, maybe there are many things you hadn't noticed before that trigger visits to the fridge, or 'make' you put the TV on instead of just doing them? If so, neither the TV nor the fridge is the problem habit – procrastination IS.

2. What resources will you need if the future is going to be better not worse?

Example 1 – finding electronic resources.

I have routinely spent my paycheck by the 25th day of every month.

BUT - If I downloaded an app such as Mint, and spent the necessary time to set it up, could I do a better job of 'eeking' my salary across 30 days?

Example 2, - finding practical resources towards spending my time better.

I am too tired to eat well through the week. By the time I have worked and commuted, my best culinary effort is a microwaved frozen meal and tub of Baskin Robbins.

BUT – if I arranged a meal service, or I spent Sunday afternoons prepping meals ahead and putting them in the fridge or freezer, would I have more time and energy to improve relationships and enjoy quality time every night with my family, or friends?

Example 3, - finding human resources

My husband and I are like those little weather people; one in, one out, never doing the same thing at the same time because of all our kid's commitments. We barely see each other.

BUT – If I went and talked to grandparents, explained the problem and asked if they might be willing to give me a regular commitment of say, one evening per week, would THEY love to have regular time with the GKs as much as I'd love to have a regular date-night (or even a do-nothing-at-all) night with my man?

Example 4, - finding my boundaries

No-one in my family takes my small business seriously. They may not mean to, but they interrupt me constantly with questions or demands on my time, talk loudly when I'm on the phone with clients, use my computer like it's a family toy.

BUT – If I took the time to make a family meeting and set some rules, found a work space in the house where I can shut the door (and post a sign on it about acceptable interruptions v unacceptable ones) and learned how to partition the computer so the family were not able to access my work files, I could change bad behaviors and encourage good ones – and wouldn't I benefit everyone going forwards?

How do I make the necessary changes to solve these things?

[illegible]

Now that you have done the digging, identified some corrective actions, now its time to set things in motion. This week, focus on putting all your new resources in place, getting the resources you identified in place to start using and implementing.

1. _____ Date Completed: _____
2. _____ Date Completed: _____
3. _____ Date Completed: _____
4. _____ Date Completed: _____

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Week 4: Go!!! "Implementation Time"

This will be the week that you finally implement and put into practice, everything that you learned about yourself and your unbalanced habits over the last 3 weeks.

Make no excuses this week.

Make it a week to truly walk in the changes you are determined to see.

Remember, you get out only what you put in. Your life is worth the work!

It will help if you:

1. Keep notes about any immediate improvements coming from your new plans.
2. Do more of what is working.
3. Notice things that don't seem to help and make changes as soon as you can – give things a chance but be flexible - act when something clearly isn't working.
4. Ask yourself daily “How is my life-balance improving?”
5. Where possible QUANTIFY.

NOTES:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.