



## Finding Your Balance - You can have it all!



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### *Is this you?*

Do you ever feel as though your head is full?

So much to do, so little time. Are you trying to be superwoman? Running a business, being a wife/ girlfriend, mother, sister, friend?

Does it sometimes feel that it's impossible to have it all?

Do you wonder just how can you find your balance?

### *Clear your head*

In no more than 5 minutes, list all the reasons why you SHOULDN'T be here this evening.....

What is stopping you from having it all ?

Inner blocks

Outer blocks

right now, today

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### *Where are you putting your focus?*



Where focus goes - energy flows.

All too easily we can get caught up in one or two key areas of our life. Every last bit of focus and energy is channelled into that one or two areas and before we know it we feel out of balance, tired, lacking our inner "bright spark" and treading water - at best.

Either that, or we become distracted by the priorities of others and find our self adrift, sailing on someone else's sea, wondering how on earth we got there, and when exactly did we take our focus off of our own internal compass.

### *So how can you keep to your own true north?*

### *How can your own inner compass guide you?*



### *Great news!!!*

You are just like a Sat Nav!

What happens when you type in a destination into a sat nav?

It never says...You can't start from here!

You can start from where you are, you're in the perfect place right now!

And just like a sat nav we have a built in emotional guidance system.....

It tells us if we're on the right route...or way off course!

Even more great news!!!!

Every moment is the opportunity for a new beginning!

So When Should You Begin?

It's decision time.



You can continue to dream about the things you want or  
You can do something about them. You can let routine run  
The show or you can make a change. You can put off your  
happiness until another day or you can begin doing the  
Things you know you are capable of doing. You can have it all!

*The choice is yours.*

It's easy to fall into the trap of 'someday.' Someday I'll  
Do it, but right now I have so much to take care of. The  
truth is, you will always have things to take care of,  
people to see, and places to go. You have to make time for  
a more balanced life because it won't fall into your lap  
Perhaps you've even said you'll start making changes:

...tomorrow

...next week

...next year

...when the kids get out of school

...when the kids go back to school

...when there is more time

...when things settle down

...when the moment it right



The clock is ticking.....



*Right now, in this moment is the perfect moment*

*to begin!*

Are you ready?



Then let's begin, this is the first moment of the rest of your life .....



*Finding your balance ..... We are whole human beings, in order to have balance (to have it all) we must give energy and focus to all of these life areas.*



*Take a moment now to consider where are you spending most of your time?*

*Now, take a moment to notice which areas you're not giving energy and focus to*



*Which areas most need your attention right now?*

*My commitment to me.....*

*Signed (with love):*

*Date:*



### ***What if You Won £86,400 Every Day for Life?***

Imagine that you had won the following prize in a contest:

Each morning your bank would deposit £86,400 in your private account for your use.

However, this prize has rules, just as any game has certain rules.

#### **The first set of rules would be:**

Everything that you didn't spend during each day

would be taken away from you.

You may not simply transfer money into some other account. You may only spend it.

Each morning upon awakening, the bank opens your account with another £86,400 for that day.

#### **The second set of rules:**

The bank can end the game without warning; at any time it can say,

It's over, the game is over!

It can close the account and you will not receive a new one.

What would you personally do?

You would buy anything and everything you wanted, right?

Not only for yourself, but for all people you love, right?

Even for people you don't know, because you couldn't possibly spend it all on yourself, right?

You would try to spend every penny, and use it all, right?

ACTUALLY, this GAME is REALITY!

Each of us is in possession of such a magical bank. We just can't seem to see it.

The MAGICAL BANK is TIME!

Each morning we awaken to receive 86,400 seconds as a gift of life, and when we go to sleep at night, any remaining time is NOT credited to us. What we haven't lived up that day is forever lost. Yesterday is forever gone.

Each morning the account is refilled, but the bank can dissolve your account at any time... without warning.

***So, what will YOU do with your 86,400 seconds?***



## *Daily Questions*

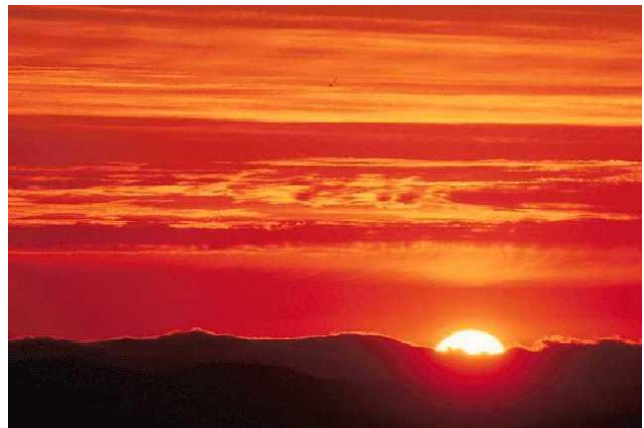
### *Morning sunrise questions:*



1. What am I happy about in my life right now?
2. What am I excited about in my life right now?
3. What am I proud about in my life right now?
4. What am I grateful about in my life right now?
5. What am I enjoying most in my life right now?
6. What am I committed to in my life right now?
7. Who do I love? Who loves me?

### *Evening sunset questions:*

1. What have I given today?
2. What did I learn today?
3. How has today added to the quality of my life?
4. How have I made a difference today?
5. How has today helped me invest in my future?



*Ask these questions daily, writing down your answers in a journal can help keep your energy focused on keeping your balance.*





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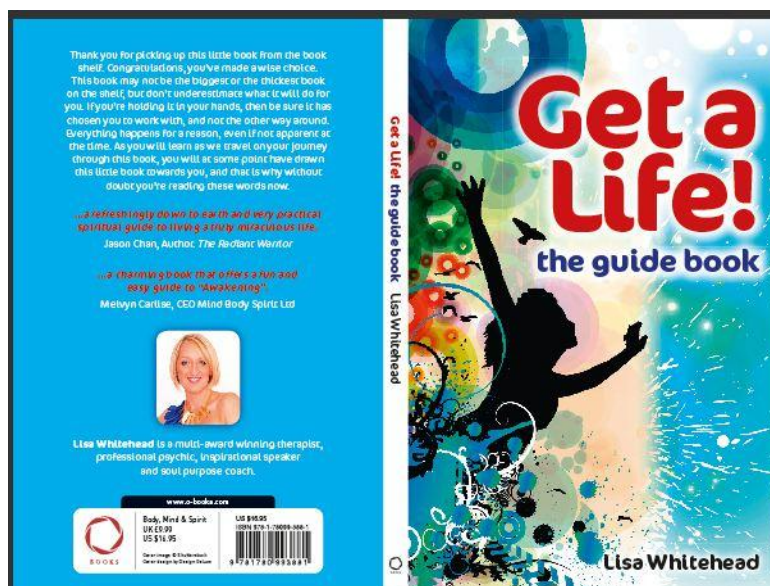
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