

B is also for BALANCE

You need to have balance in your life. It is important to ensure that your wheel of life should contain equal parts for work, sleep, entertainment, religion, family, recreation etc.

Try to picture the scales of justice. They are never equally balanced. On the one side we have extra weight, which I will call Restraining Factors. These are usually things we have little control over and would include things like violence, uncertainties, the current interest rate, change, re-engineering and restructuring etc. They prevent us from achieving our goals.

On the other side of the scale we have items we call Driving Forces. These items are there to balance the scales. We usually have control over these items.

Items that can be added that will restore the balance are:

Laughter

Lateral thinking

Positive self-image

Effective communication

A clear Vision

Core values and principles

Team-work- at home as well as the office. Fresh air and exercising.

In order to balance the scale we have to add extra weight to the Driving Force side because we usually cannot remove the items from the restraining forces.

Task: Spend a few minutes thinking about the items you have control over and which you could add to regain balance or even swing the weight in your favour.

Q: What are the Restraining Factors and Driving Forces in your life?

RESTRAINING FACTORS	DRIVING FORCES