

ONE DAY, OR DAY ONE...

You decide!
Bringing balance
back into your life!



One Day, or Day One...

...you decide. Ready to bring your life back into balance?

We have a workbook for you to discover areas of your life that may be out of balance. The late personal development expert Stephen Covey once suggested that:

"Without a clear focus on our guiding values and priorities each of us runs the risk of successfully climbing a very long ladder only to find it leaning against the wrong wall."

That is why our core priorities are worth regular consideration, repeatedly, habitually and anytime we're about to devote time and energy to a new given pursuit. Generally, our core priorities can be divided into seven main life areas.

How in balance do you feel in these seven areas of life?

- Social & Family Relationships
- Career & Education Aspirations
- Money & Personal Finances
- Physical Health, Recreation & Leisure
- Life's Routine Responsibilities
- Giving Back to Society & Contribution
- Mental, Emotional & Inner Wellbeing

Go ahead and download this workbook

[Download](#)

Spend a few minutes going through it to discover areas of your life that may be out of balance and identify priorities and goals to bring your life back into balance!

"You will never feel truly satisfied by work until you are satisfied by life."

~Heather Schuck, Author

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FOUR SIMPLE STEPS TO POSITIVE CHANGE

Anybody,
any problem.

Four Simple Steps to Positive Change

Sometimes the best solutions are the simplest...

If there were FOUR Simple Steps that you could take for making positive change in virtually any area of your life, would you take them?

Well here they are:

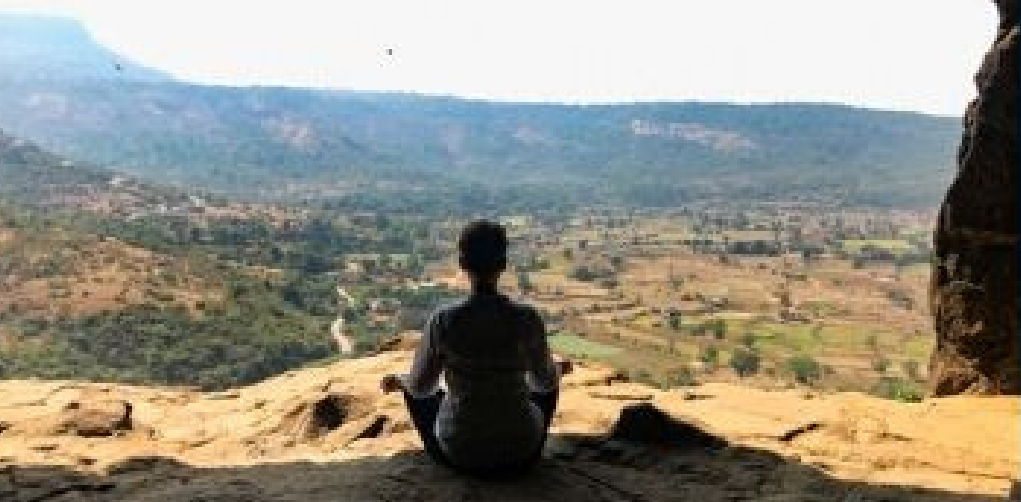
1. **What is the problem?** Identify your problem exactly, don't be vague. What do you want?
2. **What is it that you want the outcome to be?** Don't spend time on what you don't want. Only focus on what you do want.
3. **What part do you play?** This is often the hardest step to take because nobody likes to do this kind of introspection. But there are always two sides. How do you contribute to the problem?
4. **What is the first step that you can take today?** What is one positive thing you can do today - right now - that will take you closer to a solution to the problem? Name it, claim it and DO IT!

Go ahead and try out this formula for change - it works! It helps to write it down, so if you have a journal, go ahead and write your answers in there, or write it below:

What is the first step that you can take today?

Your answer:

"The greatest discovery of all time is that a person can change his future by merely changing his attitude"~ Oprah Winfrey



BEGINNING MEDITATION

Start your
meditation
journey with
me today!

Give Meditation a Try...

Have you tried meditation?

If you've never meditated this would be a great video to start with. It begins with a simple body scan to focus your mind inward. This is followed by a few minutes of breathe awareness to calm and focus the mind even more. Just about ten minutes - get comfortable, close your eyes, and follow along.

It might surprise you to learn that I didn't start meditating until I was in my late 50s! My point being, it's never to late to start!

Follow along with this easy, ten minute meditation with me.

**Sitting in your chair - right now - close your eyes and press "play".
You.can.do.it!**



"Nowhere can man find a quieter or more untroubled retreat than in his own soul."

~ Marcus Aurelius



A SIMPLE WAY TO GIVE MEANING

to your life everyday

Give meaning to your life

Viktor Frankl was a Jewish psychiatrist who survived many brutal years in **Nazi concentration camps**. He came out to write the book "**Man's Search for Meaning**", and was the founder of **logotherapy**, a method of existential analysis that placed meaning and suffering as the cornerstone around which much psychological dysfunction could be assessed and treated.

Frankl's ideas can be summarized in three points:

- Our primary motivation is our will to find **meaning in life**
- Meaning can be found in any circumstances when we **give ourselves over to something greater than our self**, whether that is a cause or another person
- We always have the **freedom to find meaning**, even in the face of unchangeable suffering

To Frankl, **love is an act of seeing the potential in others and helping them to actualize this potential**. Love is elevating people around you. This **gives meaning to your life**.

When we lack meaning in life, we often fill that void with unhelpful addictions that make us feel good. What can you do to give meaning to your life?

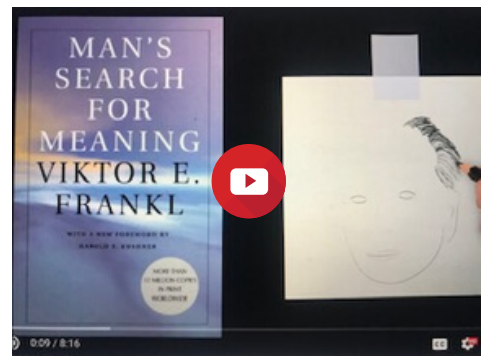
To give meaning to your life, **every day, when you wake up, think of a way you can help elevate another another person**.

For 31 ways to show love, click on the link below.

Click

Resources

A **short video synopsis** of Viktor Frankl's philosophy on life and his therapeutic method, logotherapy (logo = Greek for "meaning")



If you'd like to read the book, you can purchase on **Amazon**; either a hard copy or kindle. Just click on the image below and you will be taken to Amazon.com

