



Balance

All the material that you need to support this document is available on the [sane.works](https://www.sane.works) website.

- If the COVID lockdown taught us anything it is that striving for perfect balance in life is not realistic! It's much better to make small adjustments and keep to them. For an amusing take on this, watch a video by Nigel March: *"How to make work-life balance work"*.
- A first step to achieving greater balance is to recognise where your current imbalance lies. A helpful tool here can be the wheel of life as it gives a high-level analysis of which life areas we attend to more and less.
- List out the external factors for imbalance that exist in your life: your job, your boss, your team, society, caring commitments, children, real financial obligations. You may need the help of a critical friend or a coach to help you stay objective.
- Try creating a personal mission statement.
- One of the issues with balance is that it can be upset if you are failing to differentiate between that which is urgent and that which is important. You may be familiar with that famous four-box model which neatly illustrates the point.
- Sometimes when we try and change, we can feel things pulling us back. A way of exploring this is to use a Force Field Analysis.

Sixth Sense runs a workshop on this topic that you might enjoy. It's called **Balance Works**.