



## 40 Tips to Find Balance in the Chaos

The following are tips that promote a lifestyle of balance. As you review this list, be kind to yourself. Building balance is a process. Move forward, one day at a time, to reach a higher level of balance in your life.

1. I accept love over fear.
2. I do not depress my feelings; I am self expressed.
3. I take a deep breath, pause, and remember what is really important.
4. I use positive language to acknowledge others and myself.
5. I set and achieve goals according to who I am and what I value.
6. I spend quiet time finding my own answers to bring myself into balance.
7. I discipline myself through managing my thoughts, desires, and expectations.
8. If and when I need assistance, I find good resources and support.
9. I monitor what I put into my body (pills, food, beverages).
10. I find ways to unplug from technology (cell phones, computers, televisions).
11. I allow myself the freedom to make mistakes, learn, and grow.
12. I look for solutions and possibilities when I encounter a problem.
13. I find purpose in my work and commit to being fully present.
14. I refuse to accept condemnation, blame, shame, guilt, or judgment.
15. I train my mind by reading, attending classes, and studying to improve myself.
16. I set boundaries and learn how to say "No" to others.
17. I choose to not procrastinate or drift; I learn how to self-motivate.
18. I identify habits that do not serve me and I take steps to change them.
19. I eat when I am hungry, drink when I am thirsty, and rest when I am tired.
20. I choose my occupation, my living environment, and my companions.
21. I am authentic and true to my word.
22. I invest in my relationships and I express gratitude and kindness towards others.
23. I set uninterrupted time where I can focus on the task at hand.
24. I envision myself living a long and productive life.
25. I face reality honestly and do not resist what I cannot change.
26. I do first things first, one at a time, and I do not fret about what I have yet to do.
27. I do not let others talk me into things that are against my better judgment.
28. I affirm that good things are happening to me.
29. I avoid self-indulgence and set structures to maintain balance.
30. I find things that give me energy and things I love to do.
31. I volunteer with causes that influence the community positively.
32. I do not deny my needs, feelings, and opinions to please others.
33. I distinguish between too much and too little to find my own zone.
34. I do not try to impress people with my status, worth, or achievements.
35. I clear the clutter in my mind and my environment.
36. I get into nature and remember I am a part of something greater.
37. I release worries of the past and future, and keep my life in the present.
38. I keep my body fit, my mind clear, and my spirit vibrant.
39. I share my love with my family, friends, and community.
40. I thrive and grow prosperous!