

# Top 10 Reasons To Have A Balanced Life

By Monique Rider

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Monique Rider  
Monique\_Rider@msn.com

Trinity Coaching Services <http://home.talkcity.com/workoutpl/trinitycoachingservices/>

## 1. Balance is discipline.

Balance encourages us to look at all areas of our life. Discipline comes when we consistently reflect on those areas and make the proper adjustments.

## 2. Balance prevents obsession.

At times we may focus too heavily on one area that needs attention. Then other areas suffer because we're obsessing. If we strive for balance by looking at the big picture - it's harder to obsess.

## 3. Balance creates internal harmony.

When our life is balanced, we feel in sync with the Universe. It's a satisfied feeling and a sense of "letting go."

## 4. Balance offers a sense of accomplishment.

When we are in harmony and life is flowing easily, we feel good about ourselves, know that we've done well and accomplished something wonderful.

## 5. Balance puts us at peace.

When we are balanced, we feel at peace with ourselves and with the Universe. There is a calming, euphoric effect to being balanced.

## 6. Balance creates a connection.

When all areas of our life are strong and steady, there is a connection. We are able to give and receive, be happy and make others happy, exchange energy.

## 7. Balance is life giving. Balance is life.

Balance is all the things about us and about our world. It makes us well rounded, intuitive, happy, and spiritual.

8. Balance gives us meaning.

Balance gives us reasons to communicate with others, relate to them, work out differences, coordinate, and pray. The need for balance pushes us to ask questions, search for answers and change lifestyles.

9. Balance gives us direction and strength.

Without balance we drift and stray, we don't honor our commitments, we over commit, we have no stable foundation.

10. Balance is freedom.

Balance sets us free from worry, obsession and guilt. Balance comes from eliminating tolerations, knowing yourself, using extreme self care, getting clear on needs and values. And that is true freedom!!

About the Submitter:

Submitted by Monique Rider, who can be reached at  
Monique\_Rider@msn.com

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