



## Your Whole Life

The Secret of a Whole Life - Resilience & More Fulfillment!

Contribution	Hobby	Leisure
Family	Alone Time	Personal Growth
Work	Relationship	Friends

Here is how you can help yourself to day to overcome any fear of loss in the future, build up your resilience and speed up your recovery should you experience any unforeseen difficult or painful circumstances. When we make another person, activity or role our 'whole life' we lower our resilience levels and increase our risk of exposure to to greater pain and unfulfillment as we have nothing else to fall back on. It often leaves us feeling needy and unable to cope. E.g Empty nesters (once their children have left), a workaholic who loses his job or the man who made his wife his whole life and then she died.

Susan Jeffers writer of *Feel The Fear and Do It Anyway* recommends reviewing your life using a grid like this one which is full of things to keep you fulfilled, connected, engaged and achieving. It literally broadens your life. By investing your time and energy across all these areas you will feel dramatically more energised, self esteem boosted, more socially connected, more independent, balanced in mind, body and soul and feeling more fulfilled! Then if you should lose any one of the boxes on your grid at any time - the other boxes will keep you grounded and help you cope much better. You will still be needed, achieving, connecting and feeling you matter as you will still be making a difference and that will make you much more desirable and attractive to employers, dating prospects and like minded people who share your interests and hobbies. Its a Win Win!

She recommends however that you must **commit 100%** to what ever box you are in at the time you are in it and as if what you are doing really counts in order to stay mindful and motivated. For the contribution box she recommends you look at your family, friends, community, country and world and see what needs to be done and get going with it.

So now its your turn - Have a think about all the things you are currently doing, list them out, identify any areas that you don't cover yet and look for ideas to fill those boxes. Approach it with a Can Do approach and get creative. Now include these on your Life Balance Sheduler too.