

ACHIEVING BALANCE™

Thoughts on Personal Renewal™





Renew

Rest when you're tired.

Take a drink of cold water when you're thirsty.

Call a friend when you're lonely.

Ask God to help when you feel overwhelmed.

Many of us have learned how to deprive and neglect ourselves. Many of us have learned to push ourselves hard, when the problem is that we're already pushed too hard. Many of us are afraid the work won't get done if we rest when we're tired.

The work will get done; it will be done better than work that emerges from tiredness of soul and spirit.

Nurtured, nourished people, who love themselves and care for themselves, are the delight of the Universe. They are well-timed, efficient, and Divinely led.



The Whittler

Smyth was a gnarled, sunbaked retiring employee of the state's Department of Fish and Game. Robin was employed seasonally with the Youth Conservation Corps. During the summer of her sixteenth year, their lives connected.

As fate had it, Smyth and Robin were both assigned to the same work crew for five consecutive weeks. They became unlikely friends. . .

Robin liked his soft-spoken directions. Smyth took to her energy and enthusiasm for sweat. They were sent out on a reclamation project a hundred miles from base camp. Although this particular job provided lodging in a mountaintop ranger station, the entire crew preferred cooking and lounging around an open fire under the evening sky. At night, after taking cold-creek showers and dining on fire-roasted fares, they would lie back near the fire and talk.

Each evening Smyth followed a ritual. He pulled out his pocket knife and a small rectangular whetstone. He spit on the stone, making it moist and started moving his blade in circular motions against it. The soft scraping sound of granules sharpening steel was like a prelude. He paused now and then to run the blade across the pad of his thumb testing the edge, then he would apply it to the stone once again. When he was satisfied that the new edge would fulfill his purpose, he put the stone back into the pouch on his belt.

Smyth then removed a weathered handkerchief from his jacket pocket. Wrapped up in the folds of his handkerchief was a small but manageable chunk of wood. Each night Robin watched him from across the fire. He ran his fingers along the wood searching the pattern his freshly prepared blade would soon



The Whittler



Purpose

cut. His carving was a constant cycle of trimming, blowing away dust and bits of wood, holding the piece up to the light, turning it, and then carving again.

It seemed Smyth spent as much time sharpening the cutting edge as he spent carving. Robin didn't understand the motive behind his method or even what the object was until he presented it to her.

The night before camp closed, Smyth handed Robin a small wooden statue of herself. His carving had captured her in detail, from the rise of her cheekbones to the thick soles of her work boots. Instantly Robin recalled the ritual Smyth followed in order to create this token. Consistently he had sharpened his knife, refining the blade against the whetstone. Over and over he worked the edge. Sharper and sharper the tool became. The tiny lines of her hair, the curve of her lip, the notches in her belt loops- all cut with skill; all cut with the keenness of a craftsman's primed blade.

The purpose of this book is to assist you in crafting your personal program for reviving the fire within. When this occurs, you will have greater vision, passion, and a spirit of adventure ignited in your life.

No one can impose standardized rules or guidelines of renewal that will work for all people everywhere. That is why the exercises in this book are designed to be a tool to assist you as you figure out your own plan.

Don't be overly concerned about getting your renewal plan "right" the first time. Have fun with the process. It will take several weeks before you'll feel like you have discovered the various facets of renewal that work for you. It will also take some time to feel the natural flow of how to blend regeneration with the rest of your life roles.



Introduction

Are you Balanced?

Achieving balance means preserving and enhancing the greatest asset you have you.

It means having a balanced, systematic program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual.

Without such a program, your body becomes weak, your mind turns mushy, your relationships become shallow, and your spirit becomes numb. Achieving Balance through renewal makes productivity in all your life roles possible.

Engaging in renovation is like propelling yourself into a personal renaissance. The Renaissance was a revival of life, art, literature, music—a change from the old to a new way of thinking and being.

Taking time to create a personal renaissance may be the single most influential venture you engage in. It will yield an elevated personal capacity to produce and enhance results. In other words, deep revival provides the maximum expression of balanced and harmonious living. In a renewal program, life becomes a process of transmission. Energy expended rejuvenates the capacity to engage.

“Our lives are comprised of diverse interests: family, friends, work, and spiritual, religious, cultural, physical, and intellectual pursuits. All of us constantly juggle and try to balance these interests. It’s up to you to find balance in your complex life.”

—Paula Peisner,
The Busy Woman’s Survival Guide

“From cradle to grave, the pressure is on: Be normal.”

—Gordon MacKenzie,
Orbiting the Giant H



“You are tolerating more than you think. On average, people put up with about 60–200 things at one time in their lives that are draining their energy at an unconscious level.”

—Thomas Leonard,
founder, Coach University

“People have more options than they think they do. But most people spend more time planning their vacations than thinking about what they want to do with their lives.”

—Bob McDonald, career counselor,
Fast Company magazine



“Depression costs the U.S. \$43.7 billion a year in medical expenses and productivity, on par with heart disease. About 17 million adult Americans suffer an incident of serious depression every year.”

—Post-Trauma Treatment Associates

“95 percent of our worldwide audience tells us that family is one of the top three most important things in their lives, yet we find executives with tears in their eyes because they are on their third marriage and their kids don't talk to them.”

—John Covey, Rocky Mountain News



“Calculating a 40 hour work week, 50 weeks a year, for 50 years comes to about 100,000 hours over the course of a career. Do any of us want to spend 100,000 hours on work that we don't find satisfying?”

—William B. Gartner, USC professor



“What happened to me? I asked myself.... The eighties happened. The nineties happened. Death and sickness and getting fat and going bald happened. I traded lots of dreams for a bigger paycheck, and I never even realized I was doing it.”

—Mitch Albom, *Tuesdays with Morrie*

“I was head of this huge ad agency in Atlanta, and we had just won the Golden Lion for creativity at the Cannes Festival. I remember looking out the window and I was totally depressed. I didn't get it. I thought, 'Is that all there is?' I found that I was more and more disenfranchised. Finally I decided to sell the agency.”

—Don Hutcheson, coauthor of
The Lemming Conspiracy



“It is not always easy to love yourself in a world that encourages you to believe you are like fast food, replaceable and not very valuable.”

—Patrice Gaines,
Moments of Grace

“We all need to find passion in our work in order for us to be sustained. We have to know, too, that it is never too late to make a change.”

—Richard Koonce,
Career Power!

“What is this race really about? What am I trying to win?”

—Joanna Rees Gallanter, founder,
Venture Strategy Group





Never work just for money or for power. They won't save your soul or build a decent family or help you sleep at night.

—Marian Wright Edelman,
founder and president,
Children's Defense Fund

**BEFORE YOU GO FURTHER IN THIS BOOK,
ASK YOURSELF THESE QUESTIONS:**

Am I interested in personal renewal?

Do I really want to make changes in my life?

If your answer to these questions is no, you need not continue. The exercises in this book aren't right for you at this time. Place this book on the shelf or on your desk until you feel you need it.

If your answer to these questions is yes, continue.





Getting Ready

In order to reach a place of prosperity, you must engage in a process of revival. In order to maintain meaningful and consistent progress, you must be able to sense congruency or disparity.

This human endowment of conscience is called being self-aware. When a person becomes self-aware, he or she can hear the intimations of conscience. Listen to your conscience. It can assist you in connecting your conduct with your personal purpose.

Allow this aspect of conscience to guide you as you work through the next four pages of checklists and the activities that follow. Being self-aware will help provide an assurance that your renewal plan is right for you.



Renewal

PHYSICAL CHECKLIST

Check only the items to which you can truthfully answer yes.

- I stay informed and current on both health and fitness information.
- I exercise 20 to 30 minutes at least 3 times a week.
- I am fully aware of my need for vitamins and minerals.
- I increase or maintain a strength program.
- I include cardiovascular and flexibility activities in my exercises.
- I get the proper amount of sleep.
- I rest or relax when my body needs it.
- I eat junk food less than twice a week.
- I have an effective, positive way of dealing with stress.
- I center my diet on a researched plan that fits my needs and goals.



SOCIAL/EMOTIONAL CHECKLIST

Check only the items to which you can truthfully answer yes.

- I am reliable and dependable.
- I have a hopeful outlook on life.
- I am trusting and supportive of people in my Circle of influence.
- I listen to others and hear what they have to say rather than thinking of what I want to say.
- I reach out to others and am empathic.
- I maintain my most important relationships.
- I sincerely apologize when I need to.
- I can persevere through the "hard times."
- I am aware of what it means to take good care of myself.
- I can control my impulses—cool down and act rather than react to people and situations.

MENTAL CHECKLIST

Check only the items to which you can truthfully answer yes.

- I read books and other publications regularly.
- I keep a journal or some sort of log, or engage in a regular writing process.
- I allow music, silence, or some sort of relaxation exercise to clear my mind on a daily basis.
- I challenge my mind through puzzles, problem solving, or games.
- I have a hobby.
- I continue my education either formally or informally.
- I engage in meaningful dialogue at least once a week.
- I visualize projects and plans so I have the end result in mind to guide the process.
- I have a system to retrieve information when I need it.
- I use a system to plan and organize my time and efforts.



SPIRITUAL CHECKLIST

Check only the items to which you can truthfully answer yes.

- I have defined what my governing values are and I plan and live my life accordingly.
- I have created my mission statement. I rely on it to give vision to my purpose in life.
- I find daily renewal through meditation, prayer, study, or reflection.
- I frequently spend time in a place (such as nature, a synagogue, a chapel, a temple) where I find spiritual renewal.
- I live with integrity and honor.
- I keep my heart open to truth.
- I am able to take a stand or tell the truth, even when opposed by others.
- I frequently serve others with no expectations of any type of returned favor.
- I can identify which things in life I can change and which things I cannot. I let go of the things I cannot change.
- I can connect to my inspirational guide as needed.

The checklists may have helped you begin to generate ideas for your personal rejuvenation plan. If you feel inclined, you might want to fill out the following graph.

It can provide you with a visual image of your responses on the previous pages. It may further assist you in determining which types of renewal activities to start planning.

Color in the corresponding columns. Fill in one box for each checkmark you recorded on the checklists.





Chart it out.

Physical	Social/Emotional	Mental	Spiritual

If you want a quality life, you have to plan and work for the results. Careful, consistent planning and action can provide renewal.

Planning is merely drawing out a blueprint for the nurturing you wish to experience. There are two keys to successful planning: careful reflection, and giving the plan priority time. Careful reflection will assist you in determining which activities will sincerely regenerate your energies. Safeguarding time for your plan will securely keep it a priority in your daily and weekly schedule.

Exercising a plan that enriches all four areas of your life will require a minimum of one hour a day. It is completely within your control.

Renewal is a gift we give ourselves, not an imposition. Give yourself time to get one area of renewal up, running, and fully launched. After executing it over a period of time, evaluate your progress. Assess your plan and see if it is fulfilling your needs. If your plan requires adjustment, take appropriate action. Move to the next aspect of your program once an area is firmly planted.

Plan, execute, and evaluate one step at a time. If at anytime you feel overwhelmed, stop and find out what needs to be adjusted.



Evaluation

Feel free to move through this book as you see best. Don't follow the book's sequence if you want to venture out and customize your renewal course. Determine which area of your life you'll start working on and complete the corresponding exercise.

If you want more direction on how to proceed, the next paragraph might be helpful.

Look over your checklists. Does one area stand out in need of adjustment? Is there something in your life that feels flat and needs new energy? If you are at a loss as to where to begin, try working on the dimension that received the fewest check marks.

For example, one man already had a fitness plan in place. However, he decided physical renewal was what he would work on first. He was already very active, but his fitness program allowed no social interaction. As a result, he decided to play golf once a week with his friends. He wanted to enhance his life by adding some fun.

I was out for my morning jog. I didn't notice the biker coming up from behind until she was by my side and about to pass. I waited for the bike to overtake my pace. It didn't. I looked over to see why. There sat my friend, a 50-year-old teacher wearing a huge smile and riding a new mountain bike. She geared down and adapted to my pace and we finished our morning workout together. I was hooked. I started kicking bike tires and tried out several mountain bikes. I couldn't believe something so simple, something from my childhood like a bike, could spark my interest. My morning jogs became morning rides.

morning rides.



Physical Renewal

IDENTIFY

What does your body need for renewal?

What did you enjoy doing as a child?

Is there some activity you've seen other people doing that you'd like to try?

Do you want to learn more about nutrition?

Do you want to learn more about fitness?

In order for you to achieve physical revival, you might need to go beyond your conventional notions of fitness and diet. If you are struggling for ideas, refer back to the checklist on page 17. Would one of the unchecked items be a good place to start?

Make a list of activities you think would enhance the physical dimension of your life and bring renewal. List things you are sincerely interested in. List activities you would enjoy. You never make progress by wearing yourself down. You are seeking to enliven potential, not beat it to death.

List your ideas for physical renewal activities:



Physical Renewal

PLAN

Choose the activity that fits your current needs.

Write it as an affirmation. For example, you might state your plan like this: "I will research my nutritional options for ten days."

I will _____

Once you have clarity on which action to take, it is time to plan. Refer to your Franklin Planner™, an organizer, or your personal schedule.

Make an appointment with yourself to begin your activity.

If the activity is something such as exercising aerobically for 30 minutes three to four times a week, plan the exercise into adequate spots within a three-to-four-week time frame. It is recommended that you see a medical doctor before increasing any physical activity.

If the activity is something like making changes in what you eat and drink, take the first few days or even the first week to do research. Before you make your plan, plan to learn what changes are right for you. Then spend the next few weeks implementing the changes in moderation as needed.

Go out and give it a try!



Physical Renewal

EVALUATE

At the end of the three- to four- week period, plan an evaluation session. Schedule it now. During this session, take stock in what worked and what didn't.

Change what didn't work and replace it with something you feel will work.

After the seminar, I could see that renewing my relationships was something I could accomplish in my everyday interactions with others.

However, I found I had to push myself to make the renewal happen. This dimension of change was as challenging as physical exercise.





Social/Emotional Renewal

RELATIONSHIPS

Relationships can be one of the most enriching elements of life. For each relationship the question of trust, kindness, values, and loyalty come into play.

Often in our hurried world, we operate on the mistaken assumption that we can quickly accumulate friendships and working relations. We often mistake acquaintances with relationships. Meaningful relationships require conscious work and effort.

Each relationship is like opening an account at a bank or credit union. The quality of the relationship depends on what we put into the account. Keeping promises, being courteous, offering support, and making an effort to really listen are just a few of the ways to make deposits.

Before you start charting out the activities you want to use in your plan, consider one concept. Consider social/emotional restoration as having two equally important branches: self and others.

SELF

Recognize that full renewal will never be achieved if you don't first invest in a personal Emotional Bank Account® or the branch known as "self."

We all need respect. We all experience areas of emptiness and need. These are places where unconditional love and regard are needed, but are not always found. You don't have to go around feeling empty and worn. You can proactively take action. You are the primary person in charge of seeing that your needs are met.

It begins with you.

Your first step in social/emotional renewal should be a step to care for yourself. What can you do that shows regard, care, and love for self?

One man makes deposits in his own Emotional Bank Account by trusting his instincts. He reports that he doesn't always know why he does what he does, but he has learned to honor this sense of inner peace.



IDENTIFY

- Do you have a quiet, safe place to retreat to?
- Do you surround yourself with sincerely supportive people?
- Have you considered taking yourself out on a date?
- Do you allow yourself to believe in your goals and dreams?
- Do you know how to provide for your personal needs?

It is fully legitimate to nurture yourself before reaching out to others. You can't give someone a drink of water from an empty glass. Take time to fill your glass and you will see the Abundance Mentality replenishing your glass and spilling over into your other relationships. If you sincerely take good care of yourself, you'll gain genuine insight into how to care for others.

Reflect on experiences or times when you felt cared for, accepted, needed, and loved. Can you provide a similar experience for yourself?

List your ideas for self-renewal. What can you do right now?

PLAN

Which idea seems most immediate? Write it as an affirmation. For example, if you have determined that giving yourself a two-hour date each week would restore you, you might write it like this: "I will schedule two hours a week to take myself on a date."

I will _____

Open your Franklin Planner, an organizer, or personal schedule. Plan out the implementation of your idea. Register an evaluation date also. Try making it sometime during the first two weeks of your plan. See what works and what doesn't, and adjust as needed.



EVALUATE

Plan to evaluate your personal renewal at the end of your first week. Schedule your evaluation day now. Take time to determine if you feel more refreshed and valued after having your plan in action.

If you are reaping your desired results, keep up the good work. If you need to adjust your plan, do so, and give yourself another week of experimenting to get the renewal you want.

OTHERS

As you continue to plan activities that cultivate a deep inner sense of your personal worth and security, you may start noticing that you have become involved in activities which grow out of an Abundance Mentality. This model is based on the recognition that there is plenty out there and enough to spare for everybody. This mentality takes the personal joy, satisfaction, and fulfillment you find in personal care, and starts to extend outward.

Because you have started to recognize your own unlimited possibilities and have appreciation for your own uniqueness, you start to value more of these qualities in others. From this posture, you appreciate the remarkable talents and inner direction of others. Often you begin to feel compelled to listen harder, communicate more clearly, and honor and respect others through positive interaction. You start making deposits into their Emotional Bank Accounts.



IDENTIFY

Each relationship requires a unique type of deposit. Some relationships equate hugs, compliments, and small gifts with deposits. For other relationships, dependability and pulling your own weight are the primary deposits. Think of several activities you could engage in that would enrich your relationships with others. Has someone asked for your time? Is there someone in your family or close circle of friends who needs and wants your attention? Is there someone you value and want to get to know better?

How can you strengthen your relationship with a partner or spouse?

Do you need to learn more about what types of deposits work for the other person involved in a relationship?

Do you need to clear time for someone.

Do you need to help out at your child's school.

Do you need to be more respectful?

Do you need to learn to listen?

List actions you are interested in taking in order to make social investments:

PLAN

Which idea do you feel you want to start on right now? Write it as an affirmation. For example, if you have decided that you want to enliven your relationship with a child, you might have an affirmation statement which reads: "I will read with my child for 10 to 15 minutes each weeknight."

I will _____.

Refer to your Franklin Planner, an organizer, or your personal schedule. Plan out time over the next week to renew this relationship.



Social/Emotional Renewal

EVALUATE

People are living, breathing organisms. You would not leave a plant or animal uncared for over a long period of time. Internal human needs require just as much constant attention as external, physical needs. If you want social/emotional renewal, you will need to plan activities and their assessments more frequently to foster these relationships. Try assessing your success and progress after the first week.

If you're really brave, try asking for feedback. Check your progress from the perspective of those with whom you relate.

I was at a trade fair and I passed a booth displaying electronic games and toys. This game jumped out at me and said, "Play me." Funny enough, I took a few minutes and played with the silly thing. It was one of those toys that makes you think. I was surprised at how quickly I picked up the patterns. The biggest surprise came when I got back to work. My mind seemed more clear, and I was able to focus better than I had in weeks. I believe the difference was in playing the game. I purchased one and I keep it in my drawer at work to invigorate my mind.



IDENTIFY

Researchers think that vigorous mental exercise literally grows brain circuitry. Furthermore, the process does not diminish with age. If this is true, exercising your mental capacities should keep you as young and vital as exercising your body can.

Do you like solving some type of puzzle?

Have you tried to write your own poetry?

Would you like to learn how to do simple maintenance on your car or an appliance?

Is there something you've always been curious about?

Do you like to read or visit museums?

Is there a hobby or craft you'd like to take up?

List your ideas for mental renewal activities:

PLAN

Select the idea you want to start with.

State your activity as an affirmation. For example, if your idea is to learn a new word each day, you might state it like this: "I will learn one new word each day for the next three weeks."

I will _____

Record a date to get started in your Franklin Planner, an organizer, or your personal schedule.

Clear time in your schedule for this activity. For example, if you have decided to learn a new skill, you will probably need one or two time slots a week devoted to it. You will need to schedule these times across several weeks. Do this now if you haven't already.

Mental Renewal

EVALUATE

Make an appointment with yourself for self-evaluation at the end of a month. Schedule it now. During your evaluation, check on how well your mental renewal plan is working. If necessary, change or tweak what needs to be adjusted.

Craig Neal, writing for *Fast Company*, noted that most of us equate ourselves with our minds. "We are what we think. Instead, look at yourself as a balanced human being... Take your body, for instance: Are you living a healthy lifestyle? Are you doing things that help you to think clearly, things that make your body feel good?"

Although spiritual renewal is personal, it often spreads out and influences every aspect of your life.

It is not about religion per se. It is more about being privately centered upon inspiration and tied to timeless truths.





Spiritual Renewal

IDENTIFY

Spiritual renewal is a dimension of personal leadership and direction. The direction comes from your moral compass. This is a private aspect of your renewal. Your mission—your purpose in life—is your inner compass. Your values are the mechanisms which point the way.

Honoring and nurturing your inner compass is a most important work. By charting a course of spiritual renewal, you provide a rekindling of this “Fire Within.” This provides the energy necessary to travel the course your compass has charted.



Spiritual Renewal

IDENTIFY

Guidance from your personal source of direction brings spiritual renewal.

Interpreting what your frame of reference tells you about what is happening “out there” is spiritual renewal.

Connecting to something higher and greater than yourself for increased discernment, power, creativity, or accomplishment can provide spiritual regeneration.

Becoming very still and silent so as to hear your conscience can be a form of spiritual renewal.

Taking in the grandeur and majesty of nature and being grateful for the experience can be inspirational.

Reaching outside yourself and giving to another without any thought for repayment can bring spiritual renewal.

Which endeavors will stimulate and inspire as well as tie you to what you value most?

What types of things can you do and in what types of places can you spend your time so you are inspired and spiritually refreshed?



Spiritual Renewal

IDENTIFY

Do your actions align with your values?

Do you know what your purpose is?

How do you personally connect to a higher power?

Do you have a place of inspiration?

List the spiritually renewing ideas that are coming to you:

Spiritual Renewal

PLAN

Which renewal idea seems right for you at this time?

Write it as an affirmation. For example, if you have determined to visit the mountains several times a month for spiritual regeneration, you might write: "I will visit the mountains four times this month on the following days..."

I will _____

Refer to your Franklin Planner, an organizer, or your personal schedule. Plan time into your daily or weekly schedule as needed.

EVALUATE

Determine a time, perhaps three to four weeks down the road, where you can appraise your progress. How is it going? Do you feel a spiritual connection—a renewal—spreading throughout your life? If not, what adjustments would you suggest?

Marianne Williamson writes in her book, *The Healing of America*, “Soul without body is ineffective, and body without soul is dangerous.”

When you have equipped yourself with renewal plans in all four areas of your life—physical, social/emotional, mental, and spiritual—you might be interested in the exercises on the following pages.

Learning, committing, and doing are the steps that constitute what is called an upward spiral.

Renewal is the process that strengthens us and gives us increased personal power to move up the spiral of continuous improvement. Think of yourself moving up a spiral staircase. Each step takes form as growth and change occur.

To illustrate this progression, one man shared his story. He had already been engaged in a personal study of renewal in his life. He wanted to plan a day with his wife that would provide new energy in all four areas of their shared life. It was a day dedicated to renewal.

As you read, see if you can identify the areas of renewal he incorporated within the day's activities.

Day of Renewal

The couple started by attending an early morning service at a nearby church. The service was inspiring through both music and sermon. Following the service, they brunch at a favorite cafe. They then drove to a canyon close by. Slipping on the backpacks they had prepared, the two went for a hike. Halfway through the hike, they rested and lunched. They took time to read, meditate, write, and share. As the day progressed, the couple retreated to a local resort. They concluded the day by spending the evening attending an outdoor concert.

He later reported it to be one of his most memorable experiences, which time cannot erase. He believes this is the case because all areas of renewal were stimulated.

You might want to try planning a day of revival for yourself, or to be shared with others.

Don't rush or overwhelm yourself. Create it as a genuinely balanced experience.

Experiment.

If you venture out by giving yourself a day such as this, try recording your feelings and reactions in a journal.



Being Self-Aware

Remember reading about the aspect of "conscience"? Conscience is the endowment of being self-aware. It is a gift to know the inner callings of your purpose.

Being self-aware can assist you in taking your renewal activities to a level of maximum potential. When a person connects renewal with personal purpose, one's life becomes congruent with one's authentic nature. When this occurs, your Fire Within is alive and well.

You might find yourself seeking the spontaneous transmission of renewing energy as a way of life—a way of being on a daily basis.

In her book, *Moments of Grace*, Patrice Gaines tells the story of a brilliant young man who followed his desire to serve and help others. He was looking for work that would satisfy him. He entered law school in order to avoid a career of doing "physically uncomfortable and repetitive labor."

After two and a half years, he knew his work as an attorney was not his life's work—his "calling." He did not seek high pay or prestige. What he sought was fulfilling work that would allow him to serve others and satisfy his need to be renewed by doing each day what he "was born to do."

This young man is now a burrito vendor in Washington, D.C. He has no regrets. He has found his passion, his Fire Within, and it drives his life force in such a way that balance and renewal are an everlasting daily pattern—his way of life.

Pushing the Renewal Envelope



Perhaps you want to identify your "Fire Within" or Personal Mission Statement. Franklin Covey offers Personal Coaching designed to help you do just that. For more information or to enroll in Personal Coaching call: 1-888-783-6678.

If you have a desire to more fully align your life to those things that mean the most to you, enroll in What Matters Most,[®] a time management and life leadership workshop. For workshop dates, locations, or registration call: 1-800-767-1776.

Achieving Balance



I remember heading down river in a rainstorm with the wind blowing the rain sideways at us. Everyone in the boat was looking down, and there were all these beautiful waterfalls around us and a rainbow in the dark sky. It's enlivening to be part of all that. I wouldn't miss it."

—John Stoker, river guide

"You've got to sharpen the doggone saw. You can't saw with a dull blade. I like to fool around with stuff and I've sawed with a dull blade. It does not work. It tears up expensive wood."

—John Klien



I think it is that feeling of being out there in the elements. Snow makes things. It cushions it in quiet. It's white. It is talking to you. It feels wonderful. It feels like I belong here. It's exceptional that I am allowed to be here. It is the ultimate validation of what it means to be on this planet in this place at this time. I don't think you get that at the Stock Market when the bell goes off."

—Joann Valenti, BYU professor

"The new belief is 'motion and productivity are not necessarily related. Being busy and productive are not necessarily the same. Relaxing is okay!' I find that since I've adopted this new belief, I'm no longer bound by an external force, I have more control over my life. I can relax and not feel guilty, not feel worthless. The little voice in my head that says 'You're worthless if you relax' has been silenced."

—Hyrum W. Smith,
*The 10 Natural Laws of
Time and Life Management*





Recommended Readings

“I’ve been so successful in my climbing because I usually haven’t turned back during that final, exhausting 5 percent. Making it to the top isn’t about a final sprint: it’s about maintaining your rhythm—even if that rhythm is five breaths for every one step. That kind of focus means that you’re more likely to have the energy to deal with unforeseen challenges and less likely to lose sight of why you’re climbing the mountain in the first place.”

—Arlene Blum, Leadership guru

“Before my mother died, she was not able to talk or communicate. I wanted to think of something I could do to connect with her. I made a wall of remembrance of her life that she could sit and look at when I wasn’t there. It was very restoring of my connection with my mother, which produced huge emotional and spiritual comfort.”

—Jan Graham,
Attorney General, Utah



READINGS FROM THE FRANKLIN COVEY LIBRARY

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