

On the Verge

8 *Pillars for a Balanced Lifestyle*

By Darin C. Wright



To live a powerful life requires maintaining your health and wellness. The World Health Organization defines health as “not merely the absence of disease or infirmity, but a state of complete physical, mental, and social well-being”. Wellness is commonly defined as the **power of choice** meaning an individual can take action that leads to their ideal health. Leveraging your power of choice

requires making conscious choices and setting goals in 8 areas. We refer to these areas as Pillars as they support a balanced, health and wellness life. You may add, eliminate, or combine the pillars to meet your needs. Here are 8 areas to focus to create a balanced health & wellness lifestyle

Spiritual – make choices to develop a strong value system based on a connection to your *source* and to establish peace and harmony in your life. Set goals to make quiet, alone time to regroup and recharge your spirit.

Mental (Intellectual) – set goals to learn new concepts and skills, read books, takes classes, watch educational/development videos. Make choices to open your mind to new ideas, knowledge and experiences. Make a choice to be a lifelong learner.

Physical – set goals to establish healthy habits that include proper diet, nutrition, exercise, and routine checkups. Make choices to eliminate destructive habits such as consuming improper foods and excessive alcohol, smoking, inadequate sleep, etc.

On the Verge

Financial – set goals to improve your finances that include increasing savings and investments and reducing bad debt. Set goals that are combined with your mental goals to improve your financial knowledge through reading and taking classes.

Familial – make choices to spend quality time with family and friends.

Social – set goals to build a social network that is based on interdependence, mutual trust, and respect. Strive to surround yourself with positive people. Make choices to participate in social and group activities.

Career – set goals to improve your career and career options; to find personal satisfaction in your work that is consistent with your goals, value system, and lifestyle.

Cultural/Arts – set goals to spend time to listen to your favorite music/musicians, visit museums, enroll in art, music, pottery, writing classes, etc.

Live your life fully. Invest time in improving your health and wellness. Find a path that will lead you to a stronger spiritual base. Commit to reading every day. Take a walk, stretch, join a gym. Hang out with family and friends. Assess your finances and work on improving your financial literacy or assisting someone else with theirs. Participate or initiate social activities. Go to the museum, an arts festival, a show, or a live music event. Many of these activities require little to no money. Many wellness areas can be combined within one activity. No more excuses. Set a goal to *live more!*

Darin C. Wright
dwright@IMpossiblemall.com
www.IMpossiblemall.com