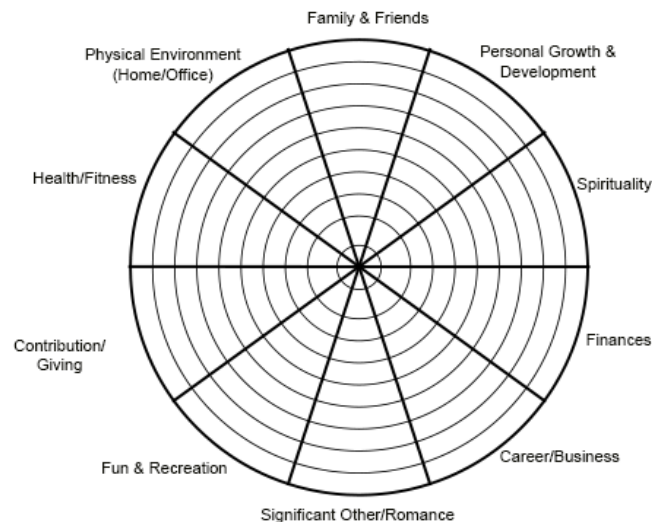


The Elevated Trader Podcast

Balance Is Necessary for Reaching Ultimate Life Success



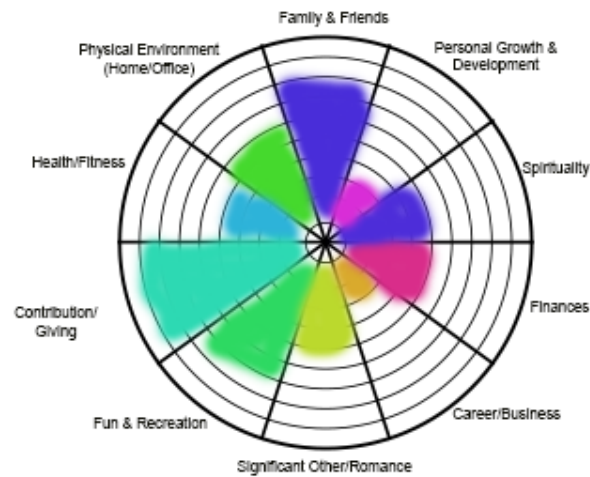
Steps:

Each week/month/year, your choice how often you want to revisit this, but we do recommend you revisit this often.

Go through each category and color in how much of the pie you feel you are living in. For example if every thing with Family and Friends is 100% and you're feeling great about that area of your life. No improvements are needed, you would color in the entire pie. Meanwhile your finances are taking a back seat. You're heavy in debt, maybe layed off, maybe spending too much and you're completely unaware of what's going in and out of your account. This scenario would only warrant a 1 or 2 section of the pie filled in.

Once you complete the circle, you can visually see areas that need to be improved to achieve better balance in your life. From there you can begin setting goals in areas where you need improvement while also identifying what you may be doing right in more successful areas. Set an action plan that can help accelerate your life balance!

Example circle:



In the example above, Contribution and Giving is the area where this person is thriving, meanwhile in the area of personal growth and development they are lacking... A profile like this where you're giving and giving and giving without putting any time or energy into your own personal development is likely to lead to burnout among other things. Finding a greater balance in life is key to health, longevity and abundance.

If you're looking for ways to improve in any of these areas and are needing help figuring out what the next step might be, reach out to Kristin at drkidgell@gmail.com.