

The Balance Chair

A client of mine shared this back in the late 90's and I still think is rings true. He suggested that to be balanced, we need to have something in each quadrant. If you are missing one, you may be able to stay balanced for a while, but two will tip over your chair.

Work – meaningful, paid contribution to society

Family – whatever this looks like for you – the key relationships that are important to you outside of work

Self – Take care of yourself, eating, sleeping and exercise

Spirit – Take care of your “inner-self” whatever re-energizes your spirit

