

# 7 Elements of a Balanced Day

A good day has a good balance of the activities that make up being and becoming. My best and most balanced days have most if not all of these seven elements:

**Work** - you've got to get out there and create value somehow. Leave a dent in the universe with concentrated energy and thought. That might mean working on your novel or putting in a long day on a construction job site.

**Exercise** - delight in the things your body can do, and work to make it (and your mental willpower) stronger, faster, and more effective. Run, lift, climb, hike, yoga (is "yoga" a verb yet?).

**Order** - do something every day to increase the orderliness of your days, whether by fighting back a growing unread email list or by taking care of a home improvement task that needs to be done.

**Learn** - increase your understanding of the world. Listen to podcasts, read books, listen to audiobooks, take notes as you work, watch people who know what they're doing. Gain skill and knowledge.

**Imagine** - visualize life as it could be, life as it should be, and life as it will be - for fun and for self-improvement. Watch movies, read stories, listen to music, daydream, create art.

**Relate** - share loving experiences with other people. Share meals, celebrate life events, have deep discussions, and help each other out.

**Enjoy** - taste the fruits of your labor and celebrate the good things of life, like a good dish, a beautiful afternoon walk, or a nice fire.