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.