

THE DAILY BALANCING ACT

Why is it that some individuals seem to “have it all together?” They are full of joy, and success seems to rise up to meet them.

These individuals have learned how to make effective decisions regarding daily priorities. They understand and realize the benefits of maintaining balance in all areas of life. Their lives are full.

The 21st century has brought forth many wonderful enhancements in technology. It also has led to multiple demands and significant stress.

Achieving a balanced lifestyle has many benefits, including peace of mind, increased productivity, and a sense of personal and professional fulfillment.

Becoming a *Whole Person* will bring us:

- **Happiness**
- **Self-confidence**
- **Physical wellness**
- **Financial security**
- **Enhanced relationships**
- **Renewed spiritual faith**
- **Intellectual fulfillment**

THE BALANCE QUIZ

This simple quiz will highlight imbalances in your life that may require attention. Review each statement and assess yourself on a scale of 1 (low) to 10 (high). Add your scores for each category and enter the total next to the category heading.

FAMILY Total score _____

- ___ a. Spending time with each member of my immediate family is structured in my daily and weekly schedule.
- ___ b. I give family members my full attention by turning off the phone/PDA/Blackberry when participating in family activities.
- ___ c. I regularly engage in dialogue with family members and ask how I can be a more loving spouse/parent/etc.

HEALTH Total score _____

- ___ a. I invest at least 30 minutes in cardiovascular exercise three times per week.
- ___ b. Meals are well balanced and I exercise moderation in sweets and other snacks.
- ___ c. I choose a smoke-free life and control alcoholic consumption.

EDUCATION Total score _____

- ___ a. Reading, studying and classroom (traditional or virtual) study is an important part of my life.
- ___ b. I have a passion for learning.
- ___ c. Electronic entertainment (internet, television, movies) is used in moderation.

CAREER Total score _____

- ___ a. I invest time and other resources in the development of my intellectual resources.
- ___ b. Increasing productivity is a component of my personal and professional development plan.
- ___ c. I have and regularly review my business and succession plan.

SERVICE Total score _____

- ___ a. I am actively engaged in community or industry service.
- ___ b. Others in the community view me as a leader and can count on my help when needed.
- ___ c. I positively influence the lives of others through formal or informal mentorship.

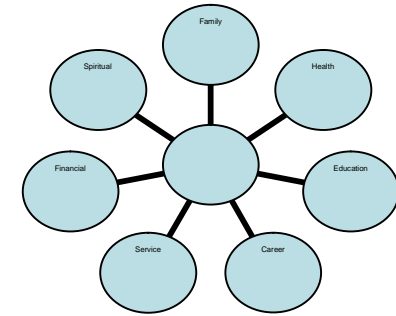
FINANCIAL Total score _____

- ___ a. I have written financial goals.
- ___ b. I live within my income.
- ___ c. I am creating, accumulating and preserving capital consistent with my stage in life.

SPIRITUAL Total score _____

- ___ a. I have strong personal spiritual beliefs.
- ___ b. I spend time each day reflecting or reading spiritually inspiring materials.
- ___ c. I am passionate about leading a principled life.

Now, transfer your scores to the radial arms on the diagram and then connect the marks.



Look at the resulting form and shape. If it is approximately circular, you are living a well balanced life. Congratulations!

If, however, your score forms a figure that has significant dents or bulges, don't be surprised or lose hope; most people who take this quiz find some areas of their lives that are out of balance.

Take a look at your highest and lowest scores; they tell you something about your current priorities. If the resulting imbalance revealed on the diagram concerns you, take steps promptly to restore equilibrium.

The MDRT Whole Person Task Force has developed tools to aid you in your quest for greater balance in life. Materials are available online at: www.mdr.org/wholeperson

Remember, we are all on a journey to reach our full human potential.

Where would you like to grow?

- Family**
- Health**
- Education**
- Career**
- Service**
- Financial**
- Spiritual**

THE WHOLE PERSON

The Whole Person is engaged in a lifetime quest to achieve balance in all aspects of his or her life. Our lifelong goal is to achieve our full potential while engaging in a meaningful and rewarding journey.

FAMILY – Whole Persons spend meaningful time with their spouses, children and immediate family. They strive to make sharing, love, mutual respect and openness the cornerstones of these relationships.

HEALTH – Whole Persons maintain a sound mind and body through study, a well-balanced diet, regular exercise, and lifestyle choices conducive to physical and mental well-being.

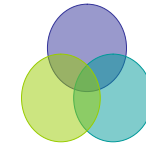
EDUCATION – Whole Persons seek to enrich their lives through continual intellectual development. They enthusiastically engage in meaningful pursuits that enrich their lives, and the lives of others.

CAREER – Guided by a strong code of ethics, Whole Persons strive to become more productive, enhance their professional esteem, pursue increased knowledge and contribute to industry and professional organizations. They also seek to improve the careers of fellow professionals through mentorship and example.

SERVICE – Whole Persons contribute time, energy and leadership, in addition to financial resources, to community organizations, educational institutions, government, civic and charitable organizations, and other worthwhile endeavors, voluntarily and without expectation of personal gain.

FINANCIAL – Whole Persons know how to live within their means, to enjoy and share the fruits of their labor, and to plan and implement programs for the creation, accumulation and preservation of capital consistent with the stages of their lives.

SPIRITUAL – Whole Persons live principled lives according to their faith and strive to grow spiritually while helping others toward greater fulfillment.



THE WHOLE PERSON

***Your Life May Be Busy,
But Is It Full?***