

Achieving Life Balance 1

SYSTEMS FOR SUCCESS – HELPING INDIVIDUALS AND ORGANISATIONS ACHIEVE THEIR OWN DEFINITION OF SUCCESS

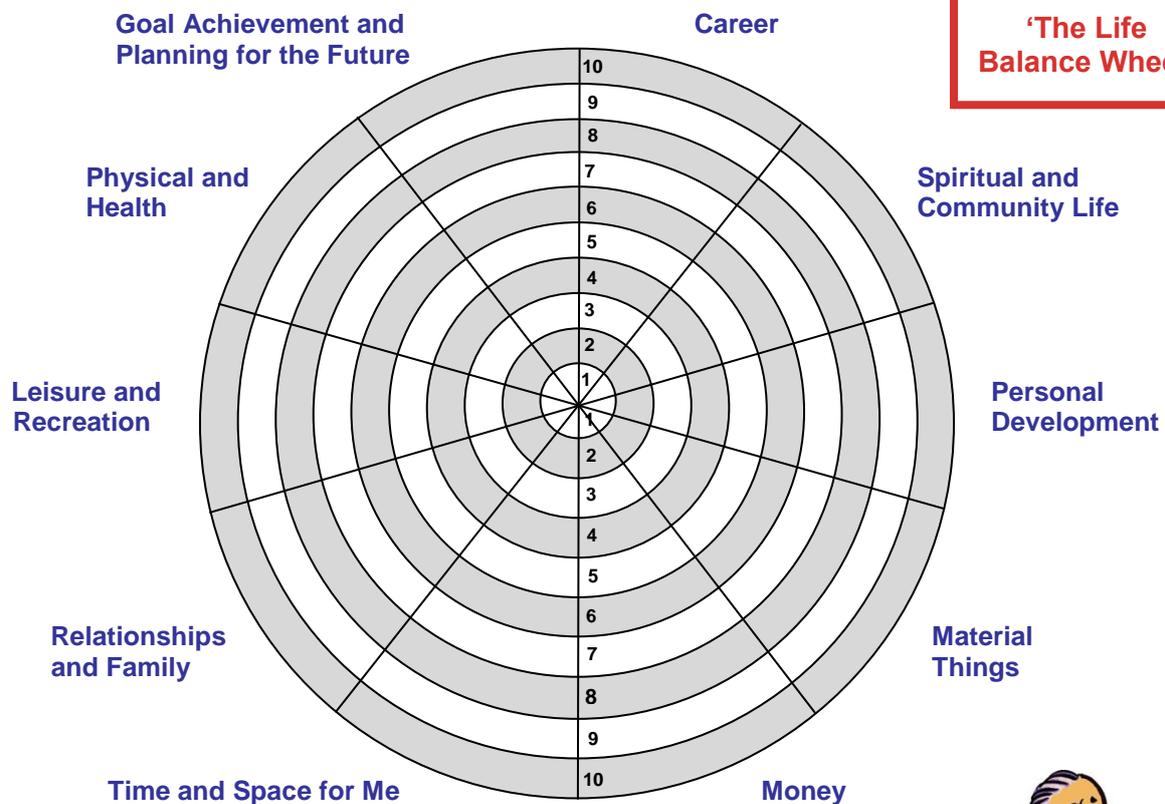
The definition of ‘life balance’ is entirely personal – it is founded on each individual’s values, experiences and relationships; shaped by their hopes and aspirations and strengthened by their feelings of stability, confidence and optimism.

By taking stock of where you are now and understanding what you hold to be fundamentally important, you can create great foundations – but it is only by deciding, planning and then implementing what you want to achieve in the future that you will be able to view your life as being ‘in balance’ or not. At **Step System**, we believe that:

“The best way to predict your own future is to create it”

We can trust to luck, leave our destiny in the hands of others in the hope that they will have our best interests at heart, (which experience tells us is possibly not the case!) – or we can take a full part in driving the process – making it more likely that our lives will be in control and we will feel fulfilled and stress free.

Use ‘The Life Balance Wheel’ below to score where you are under each heading at the moment. If the headings that we have selected aren’t quite right for you – change them!



What do your scores tell you?

- Are you engaging in / pursuing some things at the expense of others?
- Where would you most like to adjust your scores?
- How could you go about doing that? What support will you need? When could you start?



Look out for our next **Hint & Tip: ‘Achieving Life Balance 2 – Goal Setting’**, which will give some ideas for a goal setting process to suit you.

To see earlier editions of the Step System Hints & Tips and to access other free downloads, visit: www.stepsystem.co.uk

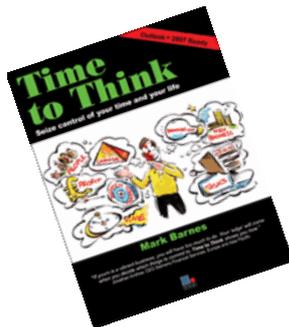
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Step System has vast experience in the areas of personal and team effectiveness, working with businesses across Europe, the Middle East and Africa and with many of Britain's top sports people.

Mark's book, *Living the Dream* is available from the Youth Sport Trust.

"There are a lot of components that go into making a successful performer. Clear goals, great planning and effective time management are as important as any of them. Take time to work on this book – it will help you to move from 'good' to 'great' and to reach your potential in every part of your life."

Theo Walcott – Arsenal FC and England



Read more about how to enhance your personal and team effectiveness in both your work and private life in the fully updated, Second Edition of:

Time to Think — Seize Control of Your Time and Your Life
by Mark Barnes (ISBN 978-1-85252-538-5)

"Time to Think is thought-provoking and immensely practical. It addresses the challenges of the 24/7 business world, recognising that whilst it is easy to be busy, the real battle is to be effective!"

Ian Licence – International HR Director, Legal and General

Step System also has vast experience in the area of communication. Read about how to gain personal credibility and deliver more impactful presentations in the fully updated, Second Edition of:

Stand & Deliver – A Master Class in Making Powerful Presentations
by Mark and Mary-Jane Barnes (ISBN 978-185252-533-0)

"Stand & Deliver integrates the essentials of great presentations with up-to-the-minute technology and tools. It is a 'must read' for anyone who wants to make powerful, contemporary business presentations."

Wayne Phillips – Defence Industry Solutions Lead, Microsoft Corporation



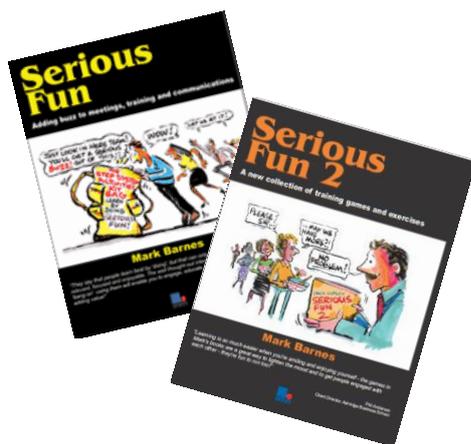
At **Step System**, we have become known for our interactive and accessible style. We use games and activities to enhance learning and have captured many of the best in:

Serious Fun – Adding buzz to meetings, training and communications (ISBN 978-185252-537-8) and

Serious Fun 2 – A new collection of training games and exercises (ISBN 978-185252-711-2) both by Mark Barnes

"The well thought-out interventions in Serious Fun are 'bang on' – using them will enable you to engage, educate and entertain – talk about adding value!"

Robin Rowland – CEO, Yo! Sushi



For more information about Step System International Limited, our training interventions and workshop overviews, contact: Mark Barnes 0044 (0) 1608 685105 / mark@stepsystem.co.uk

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