

# 10

by  
Kay  
Wagner

## ways to keep your life in balance

**When life becomes a juggling act, select a daily focus to help you stay centered.**

Choose one attitude, physical adjustment or change in awareness as your focus for the day. Check in throughout the day. Any time you feel out of balance, bring your attention back to your day's focus. That central point is your goal, your priority. While many tasks on your list will not get done, your daily focus helps you feel clear, successful and balanced.

### **1 Stay aware of walking with your feet balanced.**

Let your weight rest equally on the inner and outer foot. Walk with a heel-ball-toe gait, taking your feet through their natural range of motion.

### **2 Choose a word, such as "peace" or "Om." Or**

a phrase like "I am good enough" or "I am at peace." Repeat silently when you find yourself worrying, judging or feeling resentful.

### **3 Lift your breast bone.**

Imagine a large bunch of helium balloons lifting your breast bone.

### **4 Develop an attitude of gratitude.**

For a problem, give thanks that you have the power to find a win-win solution.

### **5 Notice and tune into the beauty of nature,**

the subtle changes which lead us into spring.

### **6 Focus on your higher power.**

Cultivate awareness of feeling safe and connected.

### **7 Choose a color**

and look for it as you go through your day. Color has healing qualities—it can energize, calm or strengthen.

### **8 Lift your rib cage up out of your waistline.**

This instantly trims your tummy, increases breathing, and strengthens your abs and back muscles. Relieves neck and back strain.

### **9 Focus on your heart.**

Spiritually, feel the love circulating. Feel your heart softening. Physically, feel your heart beating. Visualize oxygen-rich blood flowing freely throughout your body.

### **10 Use deep, diaphragmatic breathing.**

Open your eyes and look up. By simple mechanics you automatically breathe more deeply, relax your frown lines and strengthen your eyes.

