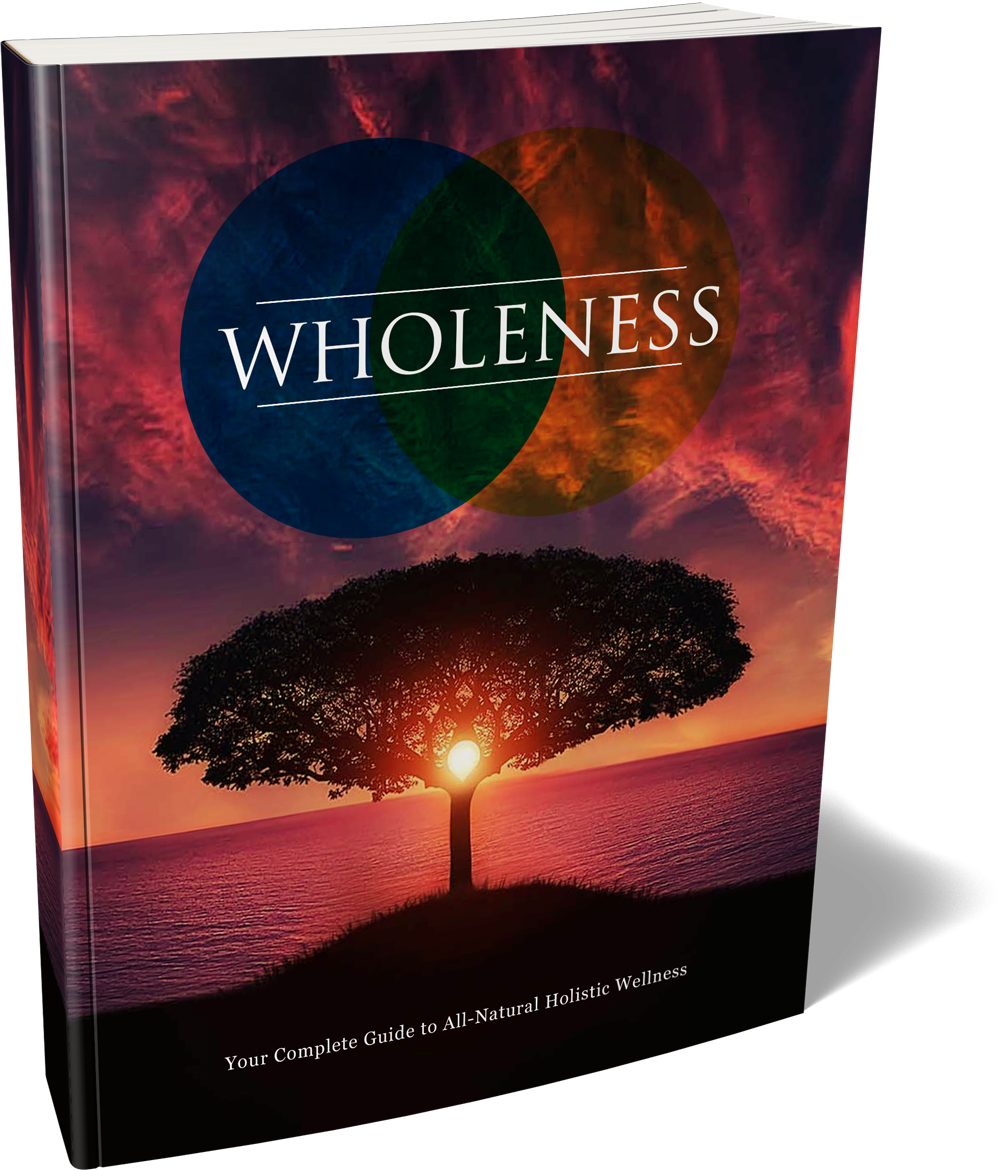


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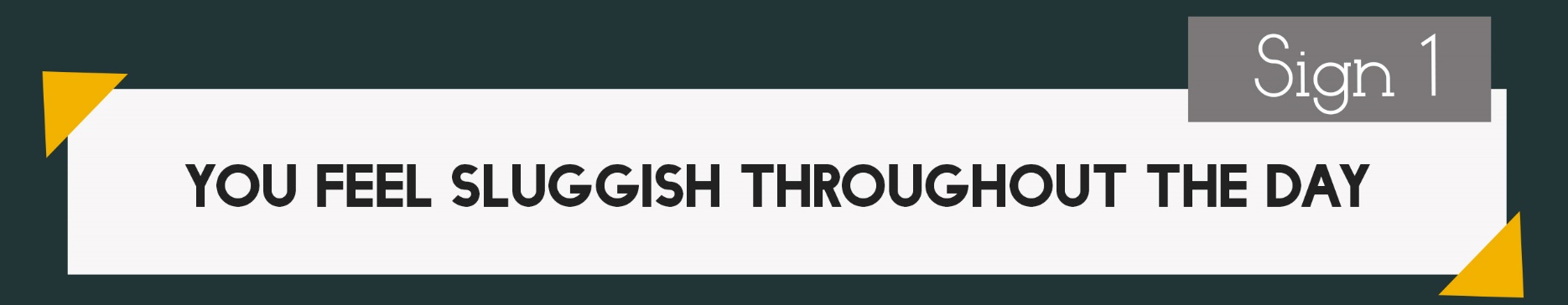
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Let's get one thing clear, we're all works in progress. There's always room for improvement in our lives regardless of how well put together we may seem to other people, there's always a spot or an area in our personal lives that we know we need to work on. Unfortunately, life moves so quickly and we may have so many duties, obligations and responsibilities that we become blind to this problem area.

In fact, for too many of us, we only become aware of them when it’s too late. You only sit up and pay attention once your partner is about to close the door behind her or him permanently. You only get a clue when you sit down in front of your boss and he or she tells you that the company is going to let you go. You only get the memo when your kid starts exhibiting antisocial and destructive behavior.

If any of these resonates with you, don't despair; you are hardly alone. Too many of us are so caught up in our lives that we become blind to certain signals that show us our life has lost balance. We start defining ourselves by our jobs. We start viewing ourselves largely in terms of our routine. In fact, if we're not careful, we start equating identity with possessions, status or reputation.

Whatever you’re struggling with regardless of how big or how small, there’s a high chance that its costs directly or indirectly, completely or partially by a lack of balance. How do you know? Well, here are the 10 signs that your life is off balance. Each item will include a description and a discussion of possible solutions.



Lacking energy every once in a while, is not a bad thing. If you are a high energy person who believes in giving 110% every single day, don't be surprised if you have an off day every once in a while. With that said, if you notice that you are sluggish pretty much all day every day, you might want to sit up and pay attention.

That physical sluggishness might be a signal of other forms of sluggishness. Maybe you're mentally sluggish; or maybe you’re emotionally slowing down; maybe your ability to connect the dots is degrading overtime. The physical symptoms of sluggishness and lack of energy, or lack of motivation actually highlights other things that are going on in your life.

Possible Solution

By looking at sluggishness as simply a physical symptom of other things that are going on in your life that you should pay attention to, you should focus on a wholistic solution. Understand that low energy is just one piece of the puzzle; by tracing its connection to other areas of your life and you would have a better appreciation of what truly is going on. Once you get this wholistic view of your sluggishness, you can have a healthier understanding of what wellness truly means.

This opens the door for a wide range of personal interventions that would enable you to feel healthier across the board. I'm not just talking about getting rid of that sluggish feeling, I’m talking about feeling like and living life like you are always aiming for peak existence. This is possible, [click here].



Have you reached the point that even your smallest and insignificant decisions take a lot of your time? This is a red flag, do not ignore this. This means that your ability to focus is off the rails. Now, you may be thinking that this just has something to do with your mindset or your psychological processes.

I'm sorry to say but it runs deep. Because if you are having a tough time making decisions, this means your personal focus is off and normally your focus has an impact on other areas of your life.

Possible Solution

When you have a tough time with willpower and focus, you might want to consider what you do physically; you might reconsider what you choose to eat; you might want to revisit your daily physical routine. All of these are tied in together. Your choice of ritual like it or not has a big role to play in your state of mind and your ability to focus.

To get a clear road map on maximizing your personal focusing ability, [click here].



When you keep holding off on making choices, two things could be happening. First, you really don't know how to decide so you just kick the can down the road. Similarly, you just run out of personal focus; you just don't have the willpower to make the decision. You think you have an idea of what the right choice is but you just can't quite get off the fence. This happens to the very best of us.

And unfortunately, the more we postpone these decisions, the bigger this bad habit becomes. You may start with relatively small and significant choices with a fairly light consequences, but if this becomes a habit that don't be surprised if you start holding off on life or death decisions. These things have a way of snowballing. And worse yet, the more you do this, the harder it is for you to make a decision until you reach a point you just can't make a call at all.

Possible Solution

When you're having a tough time making decisions, pay attention to your physical habit. Do you work out in the morning? Do you get some sort of exercise? What did you eat? What do you normally eat in a typical day? Who do you hang out with? These questions might seem like they are not related to each other but they are; they all go back to the same place.

To find out how small decisions in certain areas of your life can have a big impact on your ability to focus and make wise decisions, [click here].



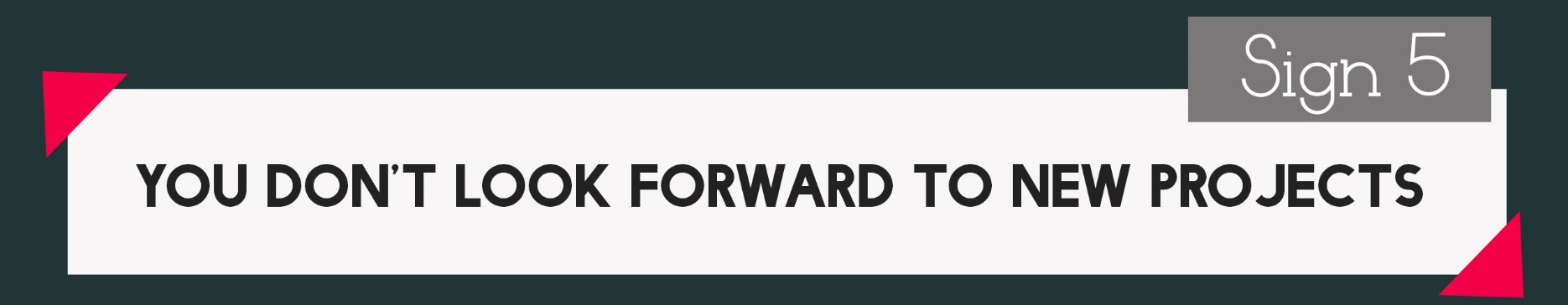
As we get older, we begin to look at the world in terms of shorthand. We only listen for certain keywords and then we assume that whatever somebody is saying is what we think it is. The same applies to the stuff that we read. We don't really read anymore – we scan, and once we see certain keywords, that's when we read some more then we rush to conclusion.

If this is happening to you, welcome to the club. This practice is a manifestation of the fact that most people really don’t allow themselves to learn something new. We feel that there’s not enough hours in a day, so we have to rush through it – we just don't have the time. The truth is, we don’t give ourselves the time. We don’t allow ourselves to be open to new experiences because we either think that it would be too scary; it will take too much time or too much effort. Whatever the case may be, we just don't allow ourselves to do it – this is a problem.

If you want to be effective in whatever you do and more responsive in your relationships, you need to break out of this. Unfortunately, that's easier said than done.

Possible Solution

There are a couple of tricks that you can use to jumpstart your natural sense of curiosity. This may not be obvious to a lot of people but they are quite effective. You have to understand that your willingness to learn something new doesn't just impact your effectiveness at work; it also impacts how interesting you are as a person. It has a big role to play in how you view life. [Click here] to figure out how everything fits together and what you can do about it.



Remember when you were a kid and in the middle of February you can sit up and get all excited about Christmas? It’s not really so much Christmas that excites you, but the process of waiting for Christmas. In fact, if you could jump into a time machine and track yourself, as well track your emotional states as each day comes while you get closer to Christmas. The real emotional excitement is the anticipation of Christmas happening. That's what makes Christmas fun, not necessarily the day itself but the whole process of looking forward to something.

Unfortunately, as we get older, we lose this ability. Maybe it starts with the bad news that Santa Claus doesn't exist. “The death” of Santa Claus is part of growing up, but the problem is a large part of ourselves dies with Santa Claus. And as we get older and our sphere of knowledge becomes more and more specialized, we lose the sense of anticipation. We just don't look forward to new experiences, new people, new situations.

Now, you may be thinking that this is just people thinking and operating efficiently; that is definitely true at some level. But there is a lot going on here because if you are not careful, you begin to fear new projects, new situations, new people. I’m not talking necessarily about terror here but fear in terms of that it would take up too much of your time; it would be too much of a hassle because it would throw you off your daily routine. Whatever the case maybe you don't look forward to them, they are inconvenience to you.

This is a powerful way to kill your life, I really can't say it any other way. You really are killing the essence of your life because life is supposed to be a celebration of new experiences, opportunities, and discoveries. You kiss all of that goodbye with the attitude that if you look forward to a new project, it means new responsibilities, duties, hassles, being held up to standards, being held to account and on and on it goes. That is the all-too-adult-attitude towards discovery.

This really is quite a tragedy because it’s a far cry from who you were when you were that little kid sitting up excitedly every morning, saying to your mom and dad, one more day closer to Christmas. Part of you dies inside – a lot of your ability to enjoy life corrodes.

Possible Solution

Your sense of anticipation is actually tied up to other attitudes and mindsets you have. The best part to this revelation is that there’s a tremendous amount of control to this. You are always in charge; I know it doesn’t seem like it but you are. The flipside to this is that by simply choosing to do certain things differently, you can recover that amazing sense of anticipation.

This leads to you looking forward to new people, projects, opportunities and horizons. Wouldn’t you want to do that? If so, [click here].



When was the last time you got rid of ants in your home by burning down your home? Doesn't sound like a good idea, right? Well unfortunately, a lot of people do this in practical terms as far as their personal effectiveness goes. You see, the human mind is always trying to be efficient, our brain is always trying to get from Point A to Point B in as little time as possible; its goal is to use up as little energy as possible.

Well, this heavy emphasis on efficiency is a good thing in a lot of settings. If you are not mindful of this and let it happen on autopilot, you cut yourself off from the amazing beauty of life. What makes life really worth looking forward to is you don't know what you’ll get. And like in that movie Forrest Gump, life is a box of chocolates you just don't know what you’ll get; that’s what make it scary and fun at the same time. There's that sense of unknown.

And unfortunately, when we let our brains go on autopilot with a monomaniacal focus on efficiency as we get older, we lose a large chunk of this openminded embrace of the unknown. Life becomes less and less an adventure, and more and more like a routine and a chore, or an obligation. The end result is instead of exploring many different ways of doing things that we are already doing, we just stick to the tried and proven.

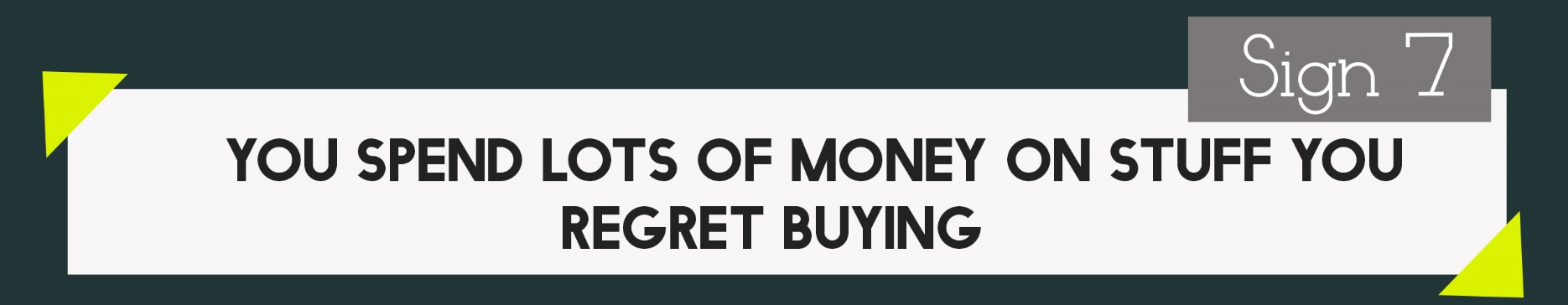
We all have our set of “standbys” – they form our comfort zone. Unfortunately, unless and until you challenge the walls of your comfort zone by pushing against them, they start imploding on you like a prison. They close in tighter and tighter until you don't have much space. You’re just turning around; it's extremely uncomfortable.

You may be thinking that simplifying tasks is not that big of a deal, but it really speaks volumes to the growth processes that your brain is going through. Be mindful of this.

Possible Solution

If you find yourself simplifying task by doing less and less or you’re instantly looking for shortcuts at every turn, I’ve got some great news for you. There are several hacks you can try that would reprogram how your mind works. This not only end up restoring a lot of your sense of wonder and curiosity, but it actually impacts other areas of your life. You can actually become healthier and more fun to talk to.

To find out how this all works and fits together, [click here].



In the famous movie “Fight Club”, Brad Pitt's character Tyler Durden said, “We spend money we don’t have; buying stuff we don’t need to impress people we don't even like.” I know that’s kind of a harsh statement, but if you find yourself constantly spending a lot of money on stuff that you almost instantly regret buying, that quote might apply to you. You might be suffering from some sort of compulsion to buy and buy and buy; you might be covering for something; you might be trying to plug a hole in your life you may not be fully aware of.

Now, keep in mind that this has more to do than spending money. I mean fiscal irresponsibility is one thing, but compulsive buying actually speaks to a deeper problem. Your finances, like it or not, actually reflect your attitude towards your body, your spiritual health, your ability to relate to people, and your perception of yourself as part of a large network of interconnected people; these all flow together.

If you're feeling regretful on a normal consistent basis whenever you whip out your wallet, there's something there. You need to pay attention because this is a symptom. The disease wounds deep and if you're not careful, whatever hole you’re trying to patch up with possessions not only get wider but deep.

Possible Solution

By understanding your relationship to money and how your possessions can own you, you can actually make crucial changes that can take your life to the next level. To find out exactly how to do this, [click here].



Believe me I have nothing against daydreaming or imagining stuff. I love to write and imagining stuff is a significant chunk of my job. When you imagine stuff, you bring worlds to existence, you connect the dots, and you create relationships between ideas that can give birth to specific situations that you may find yourself in.

To say that you engineer your reality to imagination would be an understatement indeed. This is why people love stories; that's how we as a collective species organize our reality. There are so many things that divide us – we come from different backgrounds; we look different from each other; we have different experiences; but there's one thing that unites us, our respect for and susceptibility to stories.

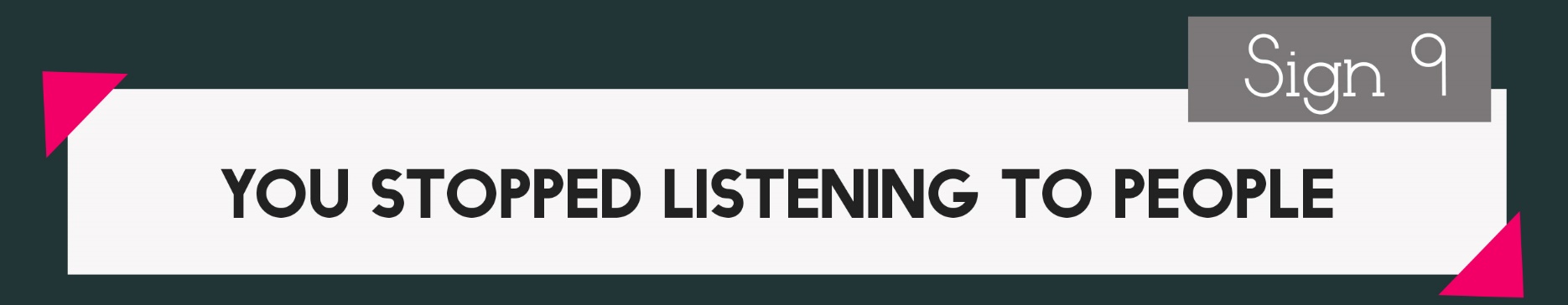
When you daydream a lot, you're telling yourself stories. Now, you may be thinking what's the harm in this? Here’s the problem, there are daydreams that push you forward and out. These are visions that demand something from you. Maybe it's a form of a sacrifice; maybe it’s a wakeup call. Whatever the case may be there is a sense of urgency there for you to take action and control over life so you can make the hard calls that will push your life forward.

Unfortunately, this is not the kind of daydream most people engage in. Most people would usually think of alternative realities where all their problems are solved. For example, if you cannot for the life of you get a date, you can enjoy some psychological heroin or crystal meth by imagining what life would be like if you can date amazing looking women. You get so caught up in your daydream that you truly visualize yourself there; it’s a mental movie to you. You are emotionally engaged; you feel accepted; you feel like your somebody; you feel that your actions actually have impact on your world; and you feel complete. So far so good, right?

Well, this type of dream is only good if you're able to trace it back from where you are. Right now, you're lonely. Right now, you're feeling small, disconnected, powerless; you're feeling like you don't matter; you feel that you're underappreciated, but here you are with the ability to imagine alternative where you are getting all the emotional inputs that you obviously don't have in reality. The temptation is just to look at that from a distance and draw the emotional opiate or sugar rush, so to speak and not much else.

You end up in the worst of all world; you're not taking action on your problem and changing your reality but you anesthetized your day dream. You just need to play this mental movie of you dating all these amazing looking women or making all this amazing money and enjoying all this power. All the daydreaming in the world is not going to change your reality; daydream should be used for one thing only – to pull you out of whatever hole you are in and inspire you to take action to change your reality to match your dreams. That's how they are supposed to work.

Unfortunately, most people strip mine daydreams of emotion of payoffs and rewards and this ends up numbing them to the responsibility they need to take to turn their lives around. If this is happening to you, there is a solution. In fact, this solution is quite simple and elegant because it doesn't seem like it takes much effort; but small stuff can cascade and scale up to really earth-shattering results. [Click here] for the solution.



I have yet to meet somebody who is honest enough to tell me that they do not listen to others. Seriously, most people that I come across at least go through the effort of looking like they’re listening. But if you’ve ever been in any kind of relationship or if you have looked closely at your friendships and social interactions, you would notice almost immediately that people really don't listen to each other. This is especially true in a business setting; one party needs something, another party needs another, so they go and meet at the designated time and place. One party unloads, the other party unloads, and they come to some sort of middle place, and they take it from there.

Well, that business interaction could have been much more profitable if people actually listen. When it comes to intimate relationships, it's too easy to get so warmed up in what we need and what would fulfill us, and what would make us whole that we really at a real level couldn’t care less about what’s going on with our relationship partner. We have stopped listening to people.

Possible Solution

If you’re completely honest with yourself, you would know that you’ve done this at least at some level or other, in certain areas of your life. The big danger here is it if you get used to that, you will stop listening to other people in other contacts. This is a very infectious mental and social disease. [Click here] for a solution that enables you to listen in such a way that you end up healing other areas of your life.



I can understand if you think that there’s not enough hours in a day; we're all in the same boat. Most people think that time is a luxury because there’s so many other things that we can be doing right now. There are all sorts of duties, obligations and responsibilities competing for our time. I get it, you get it, everybody gets it – we are on the same page.

But the problem is, we all share the same challenge. We train ourselves to rush through everything because we are trying to maximize our time that we end up missing the forest from the trees; we end up rushing through meals. Meals should be celebrations of life, not just an opportunity to ingest calories so we can make it to the next day.

But unfortunately, whatever habits we learn when it comes to something as basic and common places, eating can easily be replicated into more important areas of our life like our relationships, our ability to listen to others, our ability to size up a situation or make sense of thing; we are always rushing, rushing, rushing.

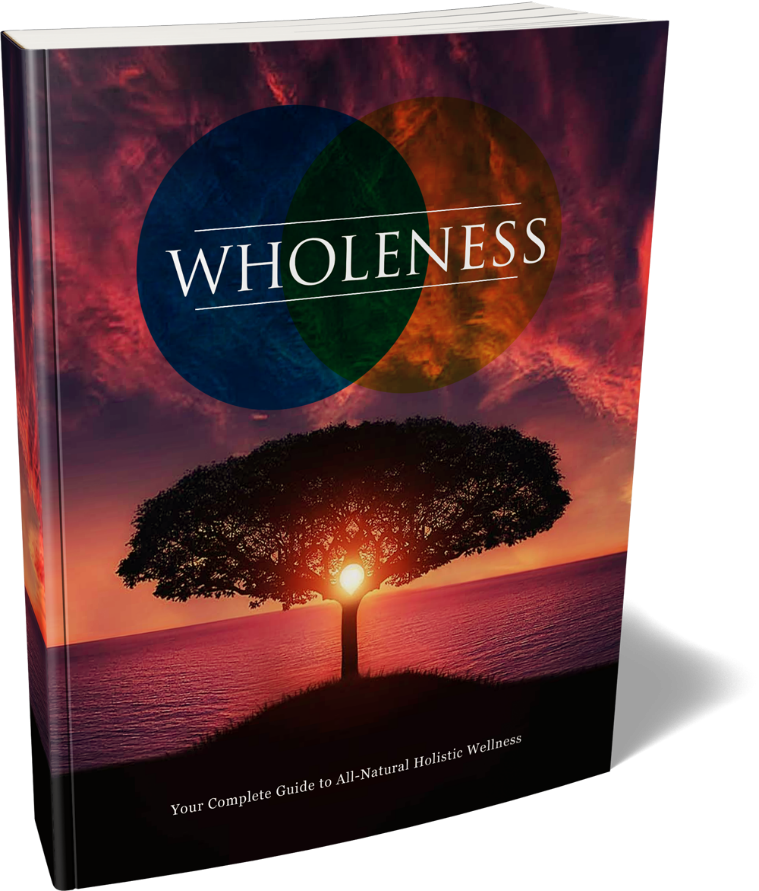
Possible Solution

If this applies to you, there is a very effective way for you to stop and take a different direction. There is an effective way for you to actually do things in such a way that meaning becomes more apparent in your life. You start understanding, savoring, and enjoying the why instead of just being so preoccupied by rushing through WHAT YOU SHOULD DO. [Click here] for the answer.

Make no mistake about it – if any of the signs above are present in your life, you need to wake up – you really do. You have to understand that something is fundamentally wrong and if you let it fester and continue, you probably will start exhibiting a lot more of these signals. These flow together and they scale up. And let me tell you, the worst feeling in the world is the sense that you cannot control your life. It’s as if it has spun out of control and you’re just this passenger in the back possibly watching your life play out and there’s really nothing you can do about it. [Click here] to get back in the driver's seat – you owe it to yourself.

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