

Living on WELL Street Blog: “Life Should Be a Balancing Act”

By Michael White, Worksite Wellness Technical Assistant, We Choose Health

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.” – Maria Robinson, American author

Our lives, just like the tires on our cars, sometimes need to be rebalanced. In the corporate world, a “balanced scorecard” measures the performance of the non-financial aspects of a business. It gives a more “balanced” view of the company’s overall performance. We have taken that concept and created a **Balanced Life Scorecard** to help people pursue a well-adjusted approach to life, by establishing goals for the “whole person” - body, mind and spirit.

A “Body” goal centers on physical wellbeing. A “Mind” goal focuses on personal, professional and financial development. A “Spirit” goal encourages people to add meaning, quality and purpose to life, by including aspects of emotional, spiritual, social and community wellbeing. The goals should be “S.M.A.R.T.” – Specific, Measurable, Achievable, Relevant and Time-based, as detailed below.

- Specific - clearly states what is to be achieved, i.e. “I will walk a mile per day for one week.”
- Measurable - defines what “success” will look like, i.e. 7 straight days of walking one mile.
- Achievable - can be realistically accomplished, i.e. the ability to walk a mile for 7 straight days.
- Relevant - serves to improve one’s overall health and wellbeing, i.e. walking.
- Time-based - establishes the duration of the goal, i.e. walking a mile per day for one week.

As the New Year approaches, the **Balanced Life Scorecard** can be a tool for achieving positive lifestyle changes. Goals should be established for no more than one week to start with. As people experience repeated success in achieving goals, the time period can be extended. A complete description of the activity, along with a variety of helpful resources, are available on the We Choose Health 365 website at: <http://wechoosehealth365.com/asp/public/Page.aspx?pid=15548>.

Wishing You Many “New Endings” in 2014!

Michael