

How to Find Your Life Balance and Be Happy

Brought to you by:

[Brian Tracy](#)



What do you want to be when you grow up? What do you really want to be? That may sound like a very simple if not silly question, but it goes right to the heart of the most important things you'll ever deal with.

Life Balance: Your Goal Should be to be Happy

The most important indicator that you have made the decision that real life has already begun is your commitment to achieving and maintaining a life

balance in every area.

Your overall goal should be to be happy. It should be to be calm, confident, and relaxed and to feeling in complete control of every aspect of your life. Just as your car runs more smoothly and requires less energy to go faster and further when your wheels are in perfect alignment, you perform better in every area of your life when your thoughts, feelings, emotions, goals and values are in alignment as well.

Emotionally, you also have a natural bias towards happiness and enjoyment. In fact, you have a natural barometer inside of you that tells you when you're doing the things that are just right for your unique personality and temperament. This is your inner voice, your intuition and it's manifested in your peace of mind.

Live Life Happy: Your Natural State of Being in Life

Your normal, natural, healthy state of being in life is to experience joy and laughter in most of what you do. The measure of how together you are as an individual is easily taken by looking at how often you laugh at what is going on around you. In fact, the degree to which you live life happy and have a positive mental attitude toward yourself and the normal ups and downs of life, is a measure of your degree of mental health.

How to be Happy: Look for the Good in Others

You can maintain better levels of balance by developing the habit of looking for the good in people and situations around you. You will discover how to be happy when you look for the valuable lesson in each difficulty that you face. You take full control of your conscious mind and you see the world in a more optimistic and constructive way. In seeing your world the way you want it to be, you find your whole world coming more and more into balance with the kind of life you want to live.

Take Action

Take action today and decide to be happy. Look for the good in others and find joy in everything you do. When you decide to be happy you will find life balance and you will discover a new and great joy in your life. Thank you for reading my blog on achieving a great life balance.