

Good a balanced life essay example

Life



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As far as my opinion regarding a balanced life is concerned, I believe it simply means that I could manage the different elements in my life without feeling my mind and heart in a constant struggle to stabilize (Rippe, 2008). To me, a balanced life is one when an individual is peaceful, unruffled, composed, sober, and motivated. It is particularly important for me to achieve a balanced life. I desire to challenge myself in an intellectual manner as well as create new opportunities for resting my mind for achieving internal balance. I also expect that giving and receiving love can also help me to achieve mental balance. In addition, proper food intake, resting, exercising, and treating myself with flavorful things now and then can also help me to achieve physical balance. Likewise, I am also anticipating balancing my external life by keeping equilibrium in family, work, social interactions, and fun activities. I do not want to push myself too much in my professional life. Reality check is a great thing and therefore, I want to achieve my goals as well as enjoy the ride. Similarly, even though I wish to fulfill my social responsibilities but taking out time for my own good is also important to me. In short, a balanced life is easily achievable if an individual does not become an extremist or obsessive for a particular thing or goal. For me, a balanced life is undoubtedly a significant life. This is because the individual can take out time for all the important things in life. A balanced approach makes an individual realize that there is time to work and play. Considering this fact, it becomes possible for an individual to get all the things done. A balanced life lets a person divide his time equally to have a relaxed mind and body. To cut a long story short, people who live a balanced life live so because they know the choices they need to make a significant life (Kissel, 2011).

References

Kissel, W. (2011). *Comforting Poems of Life, Love, and Happiness*. Trafford on Demand Pub.

Rippe, J. (2008). *Your Plan For a Balanced Life*. Nashville, Tenn.: Thomas Nelson.