

IT'S A PIE-CHART LIFE!

In Episode #2 of Spark+Victory Podcast www.sparkandvictory.com/2 I talk about using a pie-chart to visualize how we spend our energy. I ALSO emphasize the importance of looking at our business energies within the whole of our life - not as separate categories :)

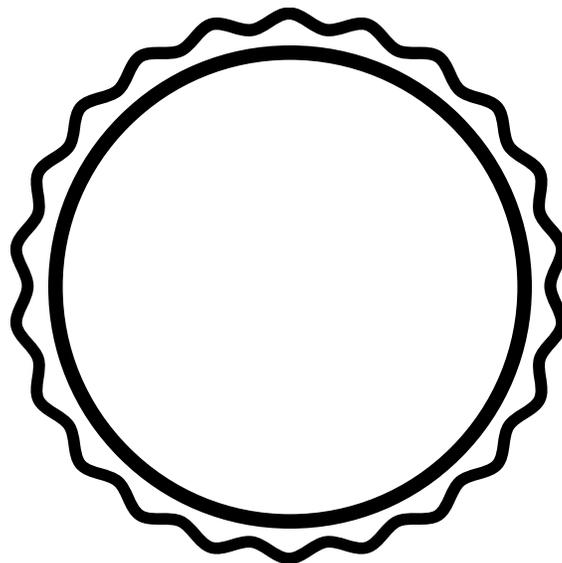
Because one major lesson that I have learned the hard way, and so did my guests Ron and Lisa, is that everything is connected. How you feel physically, mentally and spiritually will determine how you are able to show up for your business and, ultimately, the results you create.

How are you spending your energy right now?

(You can use "rough math" to give each of these a percentage value.)

- _____ **Working ON your business** - visualizing, planning
- _____ **Working IN your business** - producing, serving, selling
- _____ **Self-care** - sleep, movement that makes you feel good, downtime like meditation or naps, reading for relaxation, prayer, massages or spa treatments, creative outlets
- _____ **Human Connection** - friends and family, volunteer work, spiritual community gathering, making new connections
- _____ **Physical wellness** - intentional eating, exercise for fitness
- _____ **Personal Development** - learning, trying new activities, taking risks
- _____ **Numbing** - yep, gotta count this too! Distractions and procrastinations through tv, surface level social media, drinking, drugs, binge eating, etc.

**HERE'S YOUR PIE!
CUT YOUR SLICES.**



CREATED FOR YOU, BY

IT'S A PIE-CHART LIFE!

Create the balance you want.

I think an important first question is, how do you want things to balance out? Your life doesn't need to be symmetrical, the goal is to create enough space for the things that make your life meaningful and healthy. And you get to decide how much.

For me, I still skew way higher on working ON my *business, personal development* and *self-care*. That's exactly how I like it :) But of course I need the other areas too, so I've worked to figure out what that balance looks like for me.

WHAT FEELS IMBALANCED?

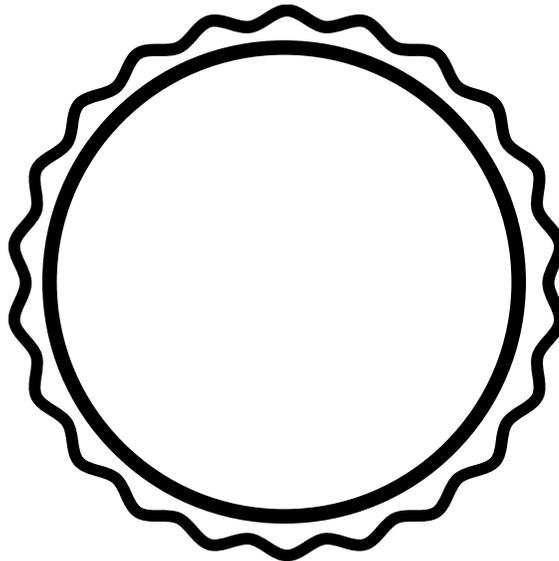
If you're doing this exercise, I'm going to make the brash assumption that you have an inkling things might be a little off-balance right now. Here's a great question to get back to your equilibrium. Work around your pie categories with this question:

"If I gave 5% more energy to __, how would I feel?"

Followed by **"If I spent 5% less energy on __, how would I feel?"**

I like 5% because it's such a simple change. But play around and adjust the numbers so they work for you. The "how to" will be pretty easy to figure out as soon as you want to.

Want another one?



Remember: You have enough energy to give to all the things that matter, but you do need to be intentional about how you spend and replenish it.

CREATED FOR YOU, BY