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Balance is a waste of time?

“Work-life balance was a mistake from the start. Because we don't really want balance. We want satisfaction.”

—Matthew Kelly, author

Balance is a sticky subject among many people. We have careers, partners, children,

family commitments, charity work, classes, hobbies, worship time—plus, big desires to improve our health. How can one possibly balance so many things?

I'm going to let you in on a little secret here: You can't.

Balance Is It A Myth? "Harmony" is an easier goal than balance.

Harmony means everything is co-existing in a spirit of cooperation. But whatever you want to call it—harmony, balance, or "fitting it all in"—there is a secret to doing more of what you want and less of what you don't want.

Want to hear it?

I just need to warn you that although the equation sounds simple, it actually takes massive willpower to execute. It also requires that you get absolutely clear on what you want your life to look like, and what you do not want in your life.

Ready? Okay, here's the secret:

- First ask yourself what isn't serving you. What doesn't need to be in your life? What is dragging you down? Keeping you awake at night?
- Have you identified a few things? Now get rid of them. (Or fix them. Now.)
- Next, ask yourself what you want in your life—or in this week or day? What do you want to accomplish? What do you want to do? Who do you want to be with? Focus your energy on these things. Anything that doesn't fit into this larger scheme... let it go (or learn how to say "no").

Ready to dive in and make a few changes? Give these tips a try and see how much more harmonious your life can be. No balance required.

GET EVEN HEALTHIER!

Are you curious about how to harmonize your health goals? How to fit wellness into your busy schedule? Let's talk! Schedule an initial complimentary consultation with me today—or pass this offer on to someone you care about!

Contact Me

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I received my training from the Institute for Integrative Nutrition, where I studied more than one hundred dietary theories and a variety of practical lifestyle coaching methods. Drawing on this knowledge, I will help you create a completely personalized "roadmap to health" that suits your unique body, lifestyle, preferences, and goals.

Here's to your health!

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