

QUARTER ONE
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THE MAGIC OF BALANCE ISSUE

Bringing

play
into your
Work/Life
Balance

**BALANCING
LUXURY & MONEY**

*Creating
Balance*

IN YOUR
ENVIRONMENT

The Art of Balance:

NURTURING MIND, BODY, &
SOUL FOR A FULFILLING LIFE

INSPIRING
individuals on balance

SIMPLE THINGS
To Inspire
Balance in your
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HEY, GORGEOUS YOU



As we embrace the warmth of the summer sun in New Zealand and revel in the long, hot days, the need for respite becomes increasingly apparent. The search for cool breezes, captivating books, invigorating music, and nourishing food takes centre stage, providing a welcome escape from the sweltering heat. However, these sun-drenched days fail to prepare us for the return to the daily grind of work. In moments like these, it's hard not to appreciate the sanctuary of air-conditioned work spaces.

Stepping into 2024, I find myself reflecting on the theme that will guide my journey throughout the year: Balance, or rather, *Balanced*. It's a word that resonates deeply with the various facets of my life – from the nurturing of relationships in my home with my daughter and dog, to the endeavours of my coaching business and the meaningful work I do within the non-profit sector. This year, my aim is to infuse balance into every aspect of my existence.

Maintaining equilibrium can often feel like a delicate act, easily disrupted by the demands of daily life. Yet, with intentional efforts and heightened awareness, balance can become a steady force in a myriad of ways. In this edition, I invite you to explore a carefully curated collection of insights and information that not only inspire but also offer practical avenues for introducing balance into your life. My hope is to provide a refuge from the constant whirlwind of overwhelm, offering you a space to reconnect with equilibrium.

Throughout the pages of this quarterly issue, you'll discover perspectives on achieving balance in different dimensions of life. Whether it's fostering harmonious relationships, finding stability in the professional realm, or nurturing your well-being, I hope to provide valuable insights that resonate with you on your journey to balance.

As we navigate the seasons of 2024, let us embark on a collective quest for balance – a pursuit that enriches our lives and brings a sense of calm amidst the bustling chaos. May this edition be a source of inspiration and guidance as you cultivate equilibrium in your own unique way. Wishing you a harmonious and balanced year ahead.

Warmest regards,

Kate Parker
Editor-in-Chief

THE ART OF BALANCE:

NURTURING
MIND BODY & SOUL
FOR A FORFILLING LIFE

In our fast-paced world, the concept of balance often takes centre stage, especially when it comes to the delicate interplay between the mind, body, and soul. It's a dynamic trio that, when in harmony, propels us towards a life of fulfilment and well-being. Setting intentions becomes a powerful tool in achieving this equilibrium, allowing us to consistently nurture these three essential aspects of our being.

Picture this: You set a goal for self-improvement, focusing solely on one aspect—let's say, the body. As you embark on a fitness journey or dietary plan, it's easy to become consumed by this singular pursuit. While the physical gains may be apparent, the risk lies in losing sight of the equally important realms of the mind and soul. The result? An imbalance that leaves us yearning for completeness.

To truly thrive, it's crucial to recognise the interconnectedness of these three dimensions and find ways to maintain equilibrium. Consider this scenario: dedicating all your attention to mental pursuits, such as reading or intellectual exercises, might lead to neglecting the physical and spiritual components of your well-being. A holistic approach, therefore, involves a conscious effort to feed each aspect in equal measure.

So, how do we navigate this intricate dance of mind, body, and soul? One effective strategy is to establish three daily intentions—one for each dimension—right from the start of your day. These intentions don't need to be grand or time-consuming; rather, they serve as deliberate actions to cultivate balance.

Firstly, set an intention for the mind. This could involve engaging in activities like reading, solving crosswords or word games, or simply journaling your thoughts. By nourishing your intellectual side, you lay the foundation for a day of mental clarity and focus.

Next, turn your attention to the body. Commit to moving in a way that brings you genuine joy and satisfaction. It could be a brisk walk, a yoga session, or any form of exercise that resonates with you. Physical activity not only enhances your well-being but also contributes to a holistic sense of balance.

Lastly, carve out a moment for the soul. This intention might involve self-care rituals, meditation, spiritual reading, or any activity that fosters a deeper connection with your inner self. By prioritising your spiritual well-being, you create a reservoir of strength and resilience to draw from throughout the day.

Remember, these intentions need not be elaborate; their power lies in consistency and intentionality. By weaving these simple yet effective practices into your daily routine, you embark on a journey toward sustained balance—a state where the mind, body, and soul harmonise to create a life that is both enriching and fulfilling. So, here's to the art of balance—a practice that elevates us towards a holistic and thriving existence.



CREATING BEAUTIFUL BALANCE



IN YOUR
ENVIRONMENT

What I dream of is an art of balance.

- Henri Matisse

Our environment supports us to rapidly change who we are, so it's very important that we are intentional about what we surround ourselves with.

Creating a sense of balance within our environments plays a pivotal role in the quest for a life of fulfilment and a beautiful sense of well-being. Our homes, workspaces, and personal spaces are not merely physical settings; they are the stages upon which the symphony of our lives unfolds. Achieving a beautiful balance in these surroundings is an art that requires intention, creativity, and a touch of mindfulness.

1. Begin with Intentional Design:

The journey towards balance starts with intentional design. Consider the layout, colour palette, and furniture arrangement in your spaces. Aim for a harmonious blend that not only appeals to the eye but also reflects your personality and values. Introduce elements that bring you joy and peace, creating an environment that resonates with positive energy.

2. Declutter and Simplify:

Balance thrives in simplicity. Take a critical look at your surroundings and declutter. Remove unnecessary items that no longer serve a purpose or bring you joy. Embrace minimalism in your décor to allow for open spaces that promote a sense of calmness and clarity.

3. Nature's Influence:

Bringing a touch of nature into your environment has a profound impact on balance. Introduce indoor plants, natural materials, or even scenic artwork that evokes a connection to the outdoors. Nature has a remarkable ability to instil a sense of tranquillity and balance within our living spaces.

4. Play with Lighting:

Lighting can transform the mood of a space. Embrace a mix of natural and artificial lighting to create a dynamic and balanced atmosphere. Consider adjustable fixtures that allow you to adapt the lighting based on the time of day or the desired ambiance.





5. Mindful Organisation:

Organise your spaces with mindfulness. Assign a designated place for each item, making it easier to maintain order. Invest in storage solutions that not only serve a practical purpose but also contribute to the overall aesthetic of the space.

6. Personalised Retreats:

Designate specific areas within your environment as personal retreats. Whether it's a cozy reading nook, a meditation corner, or a comfortable spot for reflection, having dedicated spaces for relaxation fosters a sense of balance amid life's demands.

7. Balance of Energies:

Consider the energy flow within your spaces. Arrange furniture in a way that promotes easy movement and conversation. Pay attention to the placement of items to create a harmonious flow of energy throughout the room. Feng Shui principles, for instance, provide insights into achieving energetic balance.

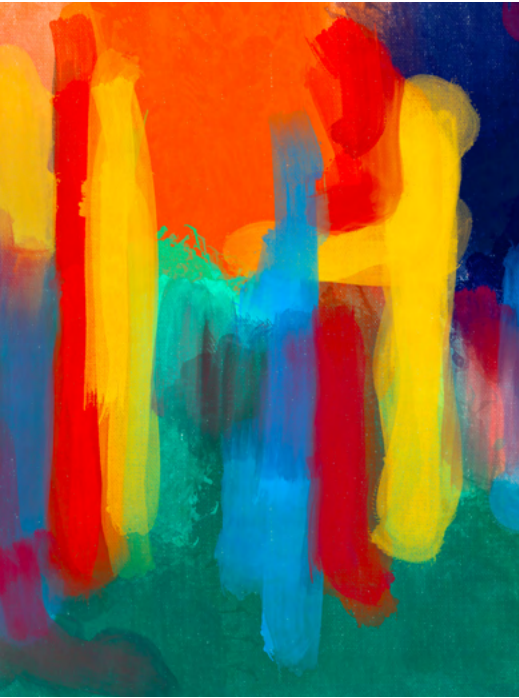
8. Regular Reflection and Adjustment:

Creating beautiful balance is an ongoing process. Regularly reflect on the energy of your spaces and make adjustments as needed. As life evolves, so too should your environments. Embrace change and allow your surroundings to grow with you.

In crafting beautiful balance within our environments, we embark on a journey of self-discovery and intentional living. Each element, from the intentional design to the mindful organisation, contributes to the symphony of balance that resonates in our homes and workspaces. As we cultivate environments that reflect our inner harmony, we find ourselves better equipped to navigate the ebb and flow of life with grace and tranquillity.



BALANCING LUXURY AND MONEY: LUXURIOUS LIVING ON A BUDGET



In the realm of budgeting, it's not uncommon for people to approach it with a mindset rooted in scarcity—believing that there's never enough to live luxuriously. However, what if the key to luxurious living had little to do with the budget itself and everything to do with our mindset? A few years ago, I stumbled upon a book that unravelled the secrets of living lavishly on a modest income. It offered pearls of wisdom that transcended financial limitations and emphasised the role of mindset in creating a life of abundance.

The Luxury of a Good Night's Sleep:

Investing in the best and most comfortable mattress your budget allows might seem like a small luxury, but it's a daily indulgence that pays off. Every night, relish in your own little haven of comfort, allowing yourself to feel nurtured and rejuvenated.

Driving in Style without the Price Tag:

Your car can boast luxury features without the hefty price tag. By being savvy in your choices, you can enjoy the same conveniences as a luxury vehicle without compromising your budget.

Size Doesn't Equal Happiness:

The pursuit of a larger house doesn't necessarily equate to greater happiness. In fact, without intentionality, it can create a void between you and your loved ones. If you do opt for a bigger home, make a conscious effort to fill it with valued family time to bridge any potential gaps.

Art for the Soul, Not the Showcase:

When it comes to art, invest in pieces that bring joy to your soul rather than ones that merely enhance your image. Your home should be adorned with creative expressions that resonate with you and your family, creating a personal haven rather than a showcase for others.

Self-Investment Through Inspirational Reading:

You don't need an exclusive invitation to a high-ticket rich-list party to gain wisdom from inspirational figures. Instead, invest in yourself by reading books written by these luminaries. Their words and thoughts can become a source of inspiration that you can enjoy in the comfort of your own home.



Happiness is not a matter of intensity but of balance and order and rhythm and harmony.

- Thomas Merton

Feeling richly abundant stems from an internal perspective—a mindset that appreciates the richness found in one's surroundings, home, family, and friends. It's an acknowledgment of the value in life's experiences and the unique path one treads.

Living luxuriously on a budget transcends mere financial constraints. It's about adopting a mindset of mindful indulgence and discovering creative avenues to savour life's pleasures without compromising your financial stability. Whether it's creating a spa experience at home, dining in style, exploring thrifty fashion, enjoying affordable entertainment, or transforming your living space into a personal oasis, these simple yet effective practices can elevate your everyday life to one that feels both indulgent and fulfilling. It's time to master the art of luxurious living, proving that a wealth of experiences and joy can be yours without breaking the bank.

If you wish to read further about this, I highly recommend picking up Mark Morgan Ford's book *Living Rich: How To Live As Well As a Billionaire on a Middle Class Budget* from Amazon.



INSPIRING INDIVIDUALS WHO CHAMPION BEAUTIFUL BALANCE

In a world where the hustle and bustle often overshadows the pursuit of balance, there are remarkable individuals who not only achieve but also fervently promote the concept of beautiful balance. These individuals serve as beacons of inspiration, demonstrating that harmonizing the different facets of life is not only achievable but also essential for holistic well-being. These transformative people have left an indelible mark on the pursuit of balance.



Katie Brindle:
The Energising Force
of Harmony

Katie Brindle, an acclaimed acupuncturist, author, and founder of the Hayo'u Method, is a trailblazer in the world of holistic well-being. With a deep understanding of ancient Chinese medicine and a passion for empowering individuals to reclaim balance in their lives, Brindle has emerged as a guiding force for those seeking harmony. Through her teachings and innovative wellness tools, such as the Hayo'u Method's face and body tools, Brindle encourages individuals to incorporate ancient practices into their modern lives, promoting both physical and emotional balance.



Deepak Chopra:
A Visionary of Mind-
Body Connection

Renowned author and speaker Deepak Chopra has long been a pioneer in the field of mind-body wellness. His teachings on spirituality, meditation, and the interconnectedness of mind and body have inspired millions worldwide. By emphasising the importance of meditation, mindfulness, and conscious living, Chopra has become a symbol of achieving beautiful balance in a fast-paced world.



Marie Kondo:
Finding Joy in Simplicity

Marie Kondo, a global sensation and organizational expert, has inspired millions to declutter their lives and embrace the beauty of simplicity. Her KonMari method encourages individuals to surround themselves with items that spark joy, creating not only organized spaces but also a profound sense of balance and contentment.



Malala Yousafzai:
Balancing Education and
Advocacy

Nobel laureate Malala Yousafzai has dedicated her life to advocating for girls' education and women's rights. Despite facing adversity, Yousafzai remains a symbol of resilience and balance, using her platform to champion the transformative power of education in achieving societal equilibrium.



Eckhart Tolle:
A Guide to Present
Moment Awareness

Author and spiritual teacher Eckhart Tolle's teachings revolve around the power of living in the present moment. Through his books and talks, Tolle inspires individuals to find balance by letting go of past regrets and future anxieties, fostering a profound connection with the present.



These inspiring individuals, each in their unique way, exemplify the pursuit and promotion of beautiful balance. Whether through ancient practices, organisational methods, innovation, advocacy, or spiritual teachings, they remind us that achieving harmony is not only possible but a transformative journey that enriches every aspect of life. As we draw inspiration from these luminaries, may their stories encourage us to seek and celebrate balance in our own lives, creating a symphony of well-being and fulfilment.



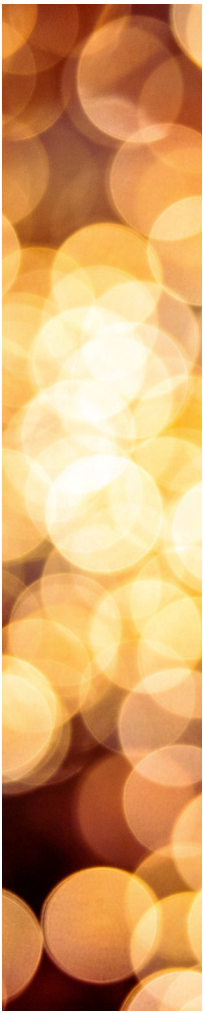
BRINGING THE PLAY INTO YOUR WORK/LIFE BALANCE

In the hustle and bustle of our daily lives, the term 'work/life balance' is often thrown around, but what does it truly mean for us? For some, it's about the convenience of managing personal life during the workday, while for others, it implies giving equal time and priority to personal and professional activities. Yet, these conventional definitions often fall short, lacking the transformative power needed to make work-life balance the true solution it should be.

In the realm of my work in the non-profit and coaching worlds, with the myriad responsibilities that come with it, finding equilibrium is an ongoing challenge. Back-to-back meetings, a multitude of tasks, and the constant juggling act between work and personal life can be overwhelming. For many, achieving a balanced life means incorporating an element that transcends the routine—a touch of play.

Play, often seen as a simple concept, becomes a catalyst for infusing soul into our tasks, preventing burnout, and maintaining harmony amidst life's demands. In my own non-profit endeavours, I've discovered the importance of scheduling time free from meetings. This allows me to step into the role of a strategist and problem solver, injecting play through the therapeutic power of music. Playlists filled with energising tunes accompany my work, creating a consistent atmosphere that fuels both my professional and coaching endeavours.

Beyond the confines of the workplace, play permeates my home life. With a daughter and a dog, every day becomes an opportunity for laughter and joy. Whether it's engaging in silly play with the dog, having spontaneous dance parties, or embracing the light-hearted moments before bedtime, play weaves its way into the fabric of our daily routine. Even mundane tasks like housework and cooking are transformed into enjoyable experiences by incorporating favourite podcasts or music.



The question then becomes, how can you inject more play into your own life? How can you leverage play to alleviate stress, strip away unnecessary seriousness, and create harmony between your work and the beautiful aspects of your life? Perhaps it's finding joy in the small moments, introducing playfulness into routine tasks, or embracing laughter as a remedy for life's complexities.

As we navigate the intricate symphony of work and life, let's recognise the transformative power of play. It's the secret ingredient that turns the mundane into the extraordinary, fostering a sense of harmony that transcends the boundaries between work and the joyous aspects of our lives. So, embark on the journey of infusing play into your daily existence, and let the harmonious melody of work and life resonate with the joyous beats of your heart.

SIMPLE THINGS TO INSPIRE BALANCE IN YOUR LIFE

Morning Routine and Mindfulness:

1. **Morning Rituals:** Start your day with a calming routine, such as stretching, meditation, or a few moments of gratitude.
2. **Nature Walks:** Take short walks in nature to reconnect with the outdoors and clear your mind.
3. **Mindful Breathing:** Practice deep breathing exercises to center yourself and reduce stress.

Physical Well-being:

1. **Hydration:** Ensure you drink enough water throughout the day to keep your body and mind refreshed.
2. **Healthy Snacking:** Choose nutritious snacks to maintain your energy levels throughout the day.
3. **Yoga or Stretching:** Incorporate simple stretches or yoga poses to improve flexibility and release tension.
4. **Regular Exercise:** Incorporate regular physical activity that you enjoy to boost both physical and mental well-being.

Digital Detox and Mental Well-being:

1. **Digital Detox:** Set aside specific times to disconnect from electronic devices and enjoy moments of peace.
2. **Reading Time:** Dedicate moments each day to immerse yourself in a good book for mental stimulation and relaxation.
3. **Journaling:** Reflect on your thoughts and experiences through journaling to gain clarity and self-awareness.
4. **Daily Affirmations:** Start or end your day with positive affirmations to foster a positive mindset.

Social and Emotional Connections:

1. **Express Gratitude:** Take time to acknowledge and appreciate the positive aspects of your life.
2. **Social Connections:** Nurture relationships with friends and family to create a support system.
3. **Laughter Breaks:** Find moments of joy through humour, whether it's a funny video or a light-hearted conversation.

Home Environment and Organisation:

1. **Savour Meals:** Eat mindfully, appreciating the flavours and textures of your meals.
2. **Set Boundaries:** Learn to say no and establish boundaries to protect your time and energy.
3. **Home Organisation:** Keep your living space clutter-free to create a calming environment.
4. **Personal Retreats:** Create a cozy corner or space at home for relaxation, reading, or meditation.

Mindful Practices:

1. **Mindful Eating:** Pay attention to your food while eating, savouring each bite and appreciating the nourishment.
2. **Volunteer Work:** Engage in acts of kindness and contribute to your community to foster a sense of purpose.
3. **Limit Multitasking:** Focus on one task at a time to enhance efficiency and reduce stress.
4. **Warm Baths:** Enjoy a warm bath with soothing scents like lavender or chamomile.

Rest and Relaxation:

1. **Music Breaks:** Take breaks to listen to your favourite music and uplift your mood.
2. **Plan Downtime:** Schedule moments of downtime in your day to recharge and prevent burnout.
3. **Mindful Walking:** Practice walking mindfully, paying attention to each step and your surroundings.
4. **Disconnect Before Bed:** Power down electronic devices at least an hour before bedtime for better sleep.

Positive Reflection and Motivation:

1. **Digital Photo Album:** Create a digital album of positive memories to uplift your spirits during challenging times.
2. **Visualisation:** Spend a few minutes visualizing your goals and aspirations to stay motivated and focused.
3. **Journaling:** Get your thoughts out first thing in the morning so that start your day with your mind uncluttered.





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