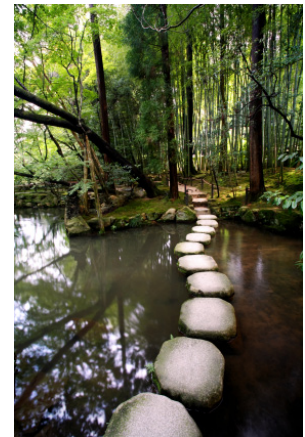


# 10 TIPS TO FACILITATE SUSTAINABILITY



- 1. Leave “White Space.”** Think of the white space, or margins, on a piece of paper; don’t overfill each moment in your life. Leave wiggle room to accommodate things that inevitably go wrong.
- 2. Eat Well.** Poor eating habits may be symptomatic of an unbalanced life. Give your body the fuel it needs to sustain you. Check out Eating Well at [www.eatingwell.com](http://www.eatingwell.com) for tips and recipes.
- 3. Get Enough Sleep.** Lack of sleep makes you impaired; perhaps more impaired than if you’d had too much to drink; visit [www.sleepfoundation.org](http://www.sleepfoundation.org) for tips on sleeping well.
- 4. Make Continuous Adjustments.** No matter how well you plan your day (or life) you’ll need to respond to changing circumstances; be creative about reprioritizing and choosing what to set aside.
- 5. Define a Unique Formula for You, for Now.** There’s no template for a sustainable lifestyle. To minimize role conflicts and guilt, regularly renegotiate how much life space each role can be assigned.
- 6. Accept That Balance is a Myth.** Acknowledge the imbalance in your life; it is normal in the short term. A sustainable lifestyle will devote sufficient time to each role – just not necessarily all in one day.
- 7. Take a Systems Approach.** Look at your life holistically, acknowledging that you’re part of many complex systems. Changes you make in one arena will inevitably impact your other life roles. Be strategic and intentional.
- 8. Access Your Allies.** Don’t try to go it alone. Ask for the help you need – engage your family, friends, and colleagues in finding sustainable solutions. Consider hiring extra support, delegating, or simply saying no.
- 9. Recognize Warning Signs.** Be aware of small indicators that you’re about to “crash and burn” – irritability, loss of focus, or inability to do everyday things may be subtle clues.
- 10. Acknowledge That Perfect Isn’t Possible.** Clearly there will be times when your life is out of balance. Be proactive about developing the resiliency you’ll need to cope with the occasional chaotic, crazy moments.



Excerpted from Contact Point article, What’s the Real Problem with “Balance”? It’s Not Sustainable, by Roberta Neault and Deirdre Pickerell. Read the full article in the Winter 2011 issue of The Bulletin at [http://contactpoint.ca/index.php?option=com\\_content&view=section&id=5&Itemid=37](http://contactpoint.ca/index.php?option=com_content&view=section&id=5&Itemid=37)

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