



Paul Callaghan

Life Balance

FROM CHAOS TO CALM

F.M.B.U.G.S.

The Essence of Wellbeing:

Flow, Mindfulness, Balance, Unity, Gratitude, Story.

Flow:

Where in your life can you create more flow?

Which season are you currently living in? Where can you adjust more to that particular season?

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Mindfulness:

Where in your life can you live more in the moment?

What does mindfulness look like to you? E.g: gardening, cooking, reading, doing a meditation, etc.

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Balance:

Ask yourself, is your life currently balanced?

Where can you create more balance in your life?

What do you need to do to get back to your version of balance?

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Unity:

Ask yourself how can I be more united with others, my country and myself?

How can we create a common good where I'm part of moving forward together with other people?

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Gratitude:

What are you thankful for today?

Can you list 3 things that you are grateful for in your life?

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Story:

How can you embrace more of your own life story?

Where can you create and share more of that story?

What story do you want to be told about your life after you return to love?

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