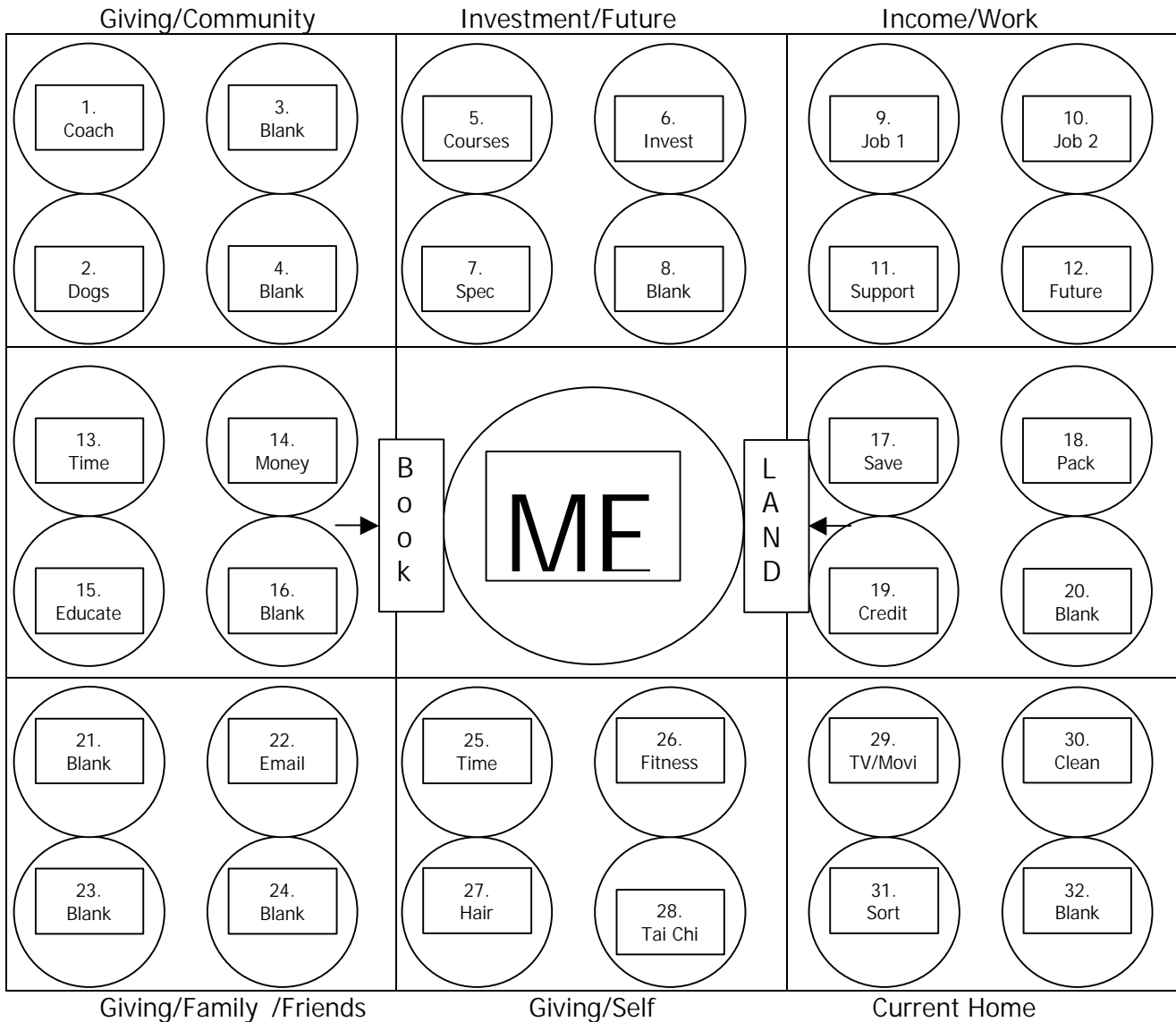


Assignment 5 - The Wave Riders Balance Chart

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The sample chart was created to illustrate an example of what may be important in YOUR life. Your assignment is to create a chart that is based on what is important to YOU, not to me and not to any one else. Our goal is to learn where you are placing your current energy and then we want to compare this information with where you want your energy to go. Labels for each circle and section are filled in by you, and are used to determine what is important in your life and what is worth your attention. You may be shocked to see

where your energy was spent.

The Wave Riders Balance Chart – sample analysis © TheWaveRiders.com
Balance Chart Items Description and Analysis

Community: (Feels: <u>Balanced</u> <u>Needs Improvement X</u>)	
1.	Volunteer E-coaching to help more people to succeed in life.
2.	Volunteer Dog-sitting for people trying to compete in Sled Dog Races and Sheep Dog Trials.
3.	<i>Want to Donate more financially</i>
4.	
Overall Feeling: Will be okay	

Notes:

Investment/Future: (Feels: <u>Balanced X</u> <u>Needs Improvement</u>)	
5.	Courses: work toward Bachelors Degree
6.	Investment: Retirement Savings / Education Savings
7.	Speculative Work: Not paid until the future
8.	(see also Land and Book and Fitness as investment in the future)
Overall Feeling: Will be okay – feeling	

Notes:

Income/Work: (Feels: <u>Balanced</u> <u>Needs Improvement X</u>)	
9.	Part –time job (enjoy it and feel energized)
10.	Part-time job (hate it and feel drained)
11.	Support: child support
12.	Working some jobs for free for future income
Overall Feeling: Way too much work – feeling tired most of the time	

Notes:

Book: (Feels: <u>Balanced</u> <u>Needs Improvement X</u>)	
13.	Time: Allowing time to work and plan Art in progress
14.	Saving some money for future printing New Website in progress
15.	New Workbook in progress
16.	Working some jobs for free to obtain future trickle income
Overall Feeling: Moving forward – need some help	

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Land/New Home: (Feels: Balanced X Needs Improvement _)	
17.	Save: Automatic savings set up at bank
18.	Pack: Cleaning old boxes in preparation for the move
19.	Credit: Credit rating checked for errors before approaching bank.
20.	
Overall Feeling: Savings in progress – need to determine what I want	

Notes:

Giving Family/Friends: (Feels: Balanced _ Needs Improvement X X)	
21.	Send email to family members
22.	<i>Remember birthdays and send cards or phone</i>
23.	<i>Keep in touch more often – send photos</i>
24.	<i>Visit more</i>
Overall Feeling: Need to do more to maintain relationships...I am always busy - doing!	

Notes:

Giving Self: (Feels: Balanced X Needs Improvement _)	
25.	Time: I allow time to be quiet and to think.
26.	Fitness: I have a balanced fitness program
27.	Hair: I am taking care of myself; my hair, my skin; my clothes
28.	Tai Chi
Overall Feeling: Have really improved this area already	

Notes:

Current Home: (Feels: Balanced _ Needs Improvement X)	
29.	<i>Keep the house clean, vacuumed and dusted</i>
30.	<i>Organize and remove old things that are no longer being used</i>
31.	<i>Create an environment that I want to bring friends to</i>
32.	
Overall Feeling: The last thing I do is work on my existing surroundings.	

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It is common to look back on years of work and play to find that we have been placing our energy in the *wrong* place. *Wrong*, in this case, meaning “not the place that you have consciously chosen”. When you are on a path that is different from the path that is your true destiny then you will feel unbalanced, tense and possibly angry. It is okay to have some blank areas in your balance chart. What you are looking for is a pattern that you need to improve on or some imbalance that you wish to correct.

For example, you may have all of your work/income circles full but your family circles are empty. This indicates that you need to shift your energy, if you want to maintain good relationships with your family. Perhaps you see that your family circles are full but your “self” circles are empty. This would indicate that you are not giving enough to yourself and need to nurture that which will sustain you – YOU. Maybe your self-circles are full but your family, income, community circles are empty – you may need to get out of your head, stop thinking about yourself all the time and start thinking of what you can do to help others around you. Find ways to balance work and play.

All of these areas are important to YOU. They all need your balanced energy. Maintain an unbalanced chart for a long period of time and you will find that you have created negative energy in some part of your life. For example, maintain a job that does not fulfill the true needs for your natural self and does not give the balance that you need to sustain the family relationship as deemed important in your balance chart and you will eventually lash out in anger and frustration. You cannot lie to yourself for very long.

Giving, in the sample above means: making an effort toward maintaining a good relationship with friends, family, self and community; time for visits, volunteering, remembering birthdays, keeping in touch, donations, helping friends move and more. This is where you determine what you will do to nurture the things that are important to you.

Family in the sample above, means not just biological family. It could be your “family of the heart” that you have unofficially adopted; friends, a neighbour and/or friend’s parents.

In anything area that is blank, check to see if you are comfortable with your efforts in that area or if you feel you need to improve. If you feel you can improve then fill in ways that you intend to improve this area, use a different colour pen to help visually see the intention from the existing events.

You do not have to give your time or donate if it is not important to you. You cannot fool yourself. Giving out of guilt is guilt – it is not a gift. Giving because “you should” is not a gift. Giving comes because you are inspired to give without attachments and no expectation for return. A gift is something you give freely. You do not care what the receiver does with the gift and they can even get rid of the gift if they want to.

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There are many ways to help others. You may not be inspired to help by starting a ministry in Africa – don’t feel guilty - you may just find that you are instead, inspired to help in a more local way – a neighbour or a friend.

Regardless of how you help others, it is important that you do things for someone else or your focus will become self-focused 24/7 and can lead you into a very deep depression and

negative view of the world. If you are not inspired to help in anything that you can see today then keep looking for ways that you can serve. Someone needs your specific talents just look around. Hidden inside the kindness that you extend to others is a great gift, however it is only received through sincerity so don't try to fool yourself into being Mother Theresa if that is just not you.

Do not give away all of your savings or give more than you can do comfortably. Do not give away your rent money or everything that you own. Your opportunity to give, will NOT be accompanied by discomfort and sacrifice. Wave Riders have a tendency to operate in a black and white fashion, either hating the world or giving too much of themselves. You will need to be cautious that you do not give away all that you have when you are riding an upper wave as you will feel enlightened and glorious and may not be able to stop. Make your giving part of your plan so that you will not fall too heavily into the impulse of a moment of adrenaline. Giving on a high ride is like giving when you are drunk or stoned; it is not giving sincerely, because you are not really aware of what you are doing. You may just wake up in the morning realizing you gave away the car you need to get to work in.

If you are feeling depressed your focus at this time has turned inward so you are unable to see an opportunity to help others. Try to stop thinking and to look more outside yourself. This simple act of caring for someone else can begin to lift you from depression. Do not listen to yourself at this time, if the words sound like "I hate the world why would I want to help". This is depression speaking, it is the exhausted child. Don't listen to the child but allow yourself to simply look at how you can help a friend.

We are asked to do what we can. If everyone did what they could to help one person in their lives, rather than sitting around feeling guilty that they are not doing enough, then we would begin to lift the world a little at a time. The accumulated efforts of each person doing what they can would result in less depression and more joy for the blessing we receive each day. There is no need to focus on negative events that you cannot do anything about...instead find a small way to do your part whatever part that is.

Consider that life is a blank canvas and that your balance chart is the "paint by numbers" you need to create the world that honors you as a wave rider – a wonderful thing to be!

The Wave Riders Balance Chart –Analysis Blank © TheWaveRiders.com
 Balance Chart Items Description and Analysis

_____: (Feels: Balanced__ Needs Improvement__)	
Overall Feeling:	

Notes:

_____: (Feels: Balanced __ Needs Improvement__)	
Overall Feeling:	

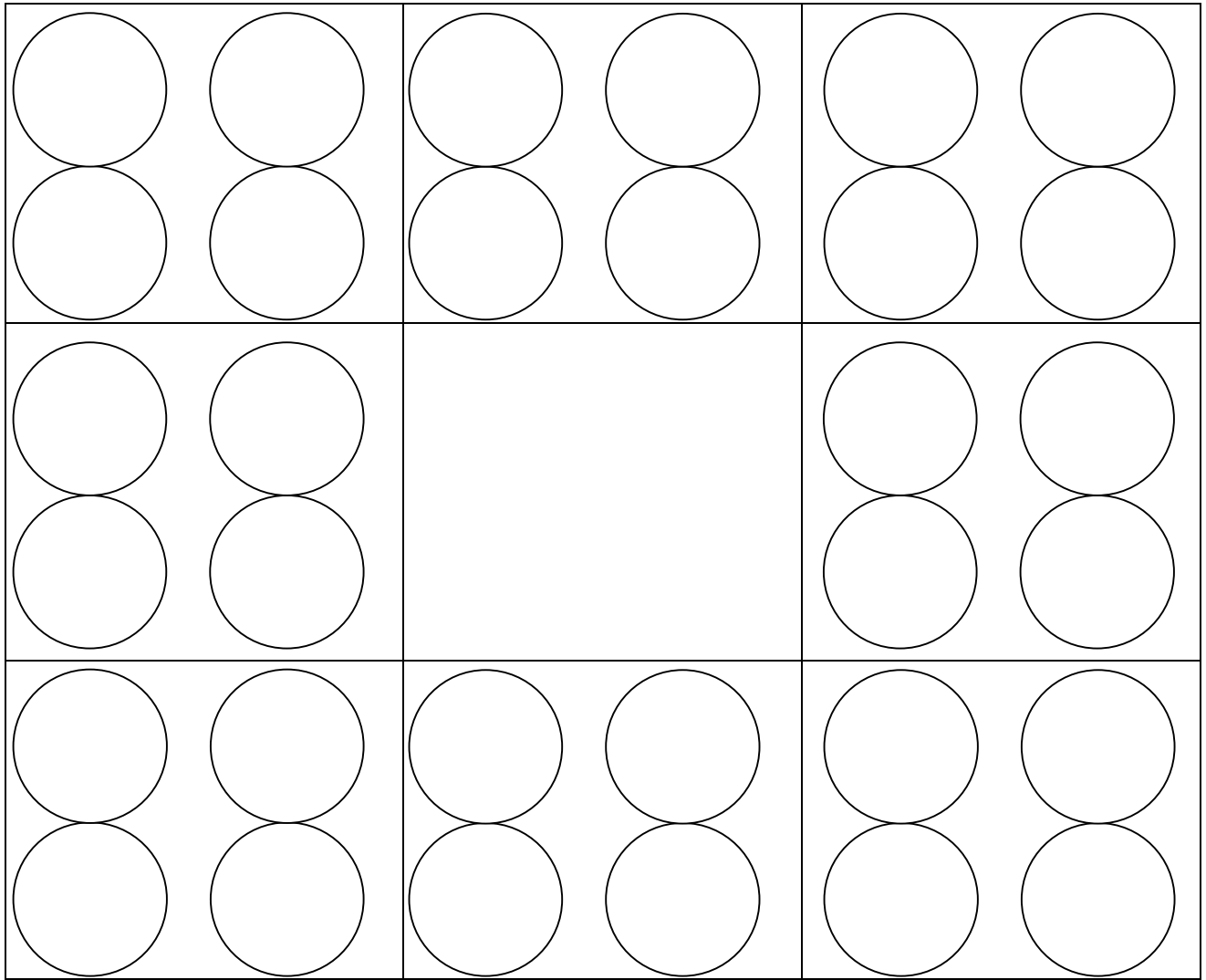
Notes:

_____: (Feels: Balanced__ Needs Improvement__)	
Overall Feeling:	

Notes:

_____: (Feels: Balanced__ Needs Improvement__)	
Overall Feeling:	

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