

# CRUNCHING LIFE TO THE FULLEST!

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# Introduction

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How many times we have question ourselves about when we should take an initiative? Human nature often calls for safeguard, for safety. This almost often constitute a disabler to achieving our full potential instead of a fixed balance to maintain our sanity. If in this moment you are asking yourself when you should start that business of yours, when you should go back to school for that program you cherish so much, when to get yourself that valuable item that you admire so much, let me tell you that today is the day. There is no better day than today to achieve your goal or to even determine a goal. There is no better day than today to start that idea, take the first step towards anything you have in mind. It might not work now, or at all but at least you tried, at least you learned, at least you are equipped for tomorrow's own challenge. Stop letting your 'What if' block your 'WOW I did it! moment. Get that job done, start this business, be happy! The road is bumpy, there is going to be ups and downs, solitary moments, time of doubt, self-doubt, but you only lose when you never try. Take that leap of Faith and be your tomorrow's hero!

This does not come without its toll. It carries its own load of determination, and desire to say yes to the plan every single day to achieve whatever goal we had in sight. Success is an everyday decision, a constant focus and effort on self. What it lacks for most is that state of comfort that you only attract when you let life happens to you. Everyone wants to add some balance into their lives. This balance allows them to feel better, to avoid all the overwhelming things that show up in their day and can make them happier too. But in our modern world, it is hard to figure out what we need to work on to gain some of the balance that our lives need.

Knowing what our priorities are and focusing on those, while letting go of some of the things that are just busy work, or at least are not important to us, will make a difference. Balance is possible, but we need to take some of the necessary proactive steps to turn it into reality. Some of the secrets that anyone can follow to find the balance, and then the happiness, that they need, includes:

# Identify Your Priorities

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The first thing that you need to do to help gain some more balance in your life is to figure out what your priorities are in the first place. There are a million things that will pull at your attention all the time. And this is part of what will make life overwhelming if you are not careful. You will not be able to do it all, so you need to focus on what is the most important to you along the way.

One of the biggest myths is life is looking for some kind of balanced life where everything falls into place perfectly. A lot of times, we destroy the best we had looking for that best we want. You will never be able to please everyone, and if so, is your goal, allow me to tell you now that you cannot even please yourself fully in every area. For a lot of men or women, keeping a tight ship at home, their work, business, friends is a lot to handle. Keeping everything perfect should not be your goal, not even a thought of yours. Learn to prioritize, compartmentalize everything in life. Like the bible say: “Ecclesiast 3vs1 For everything **there is a season, a time for every activity under heaven.**”

The things that you hold onto as priorities will be different compared to what someone else finds as important. And these things can change throughout your life as well. Spending time with the kids and making memories may not be as important once the kids get out of the house. Or you may want to spend more time working on your career when you are younger, before you have kids and a family.

You need to take some time to learn what your own priorities will be along the way. You can pick a few that you will focus on all the time, improving your life in those areas to add in more balance. Over time, you may want to pick out 5 to 7 priorities during the week or the month that you will focus on. This can help you to keep your schedule in order and not take on too much.

For example, if it is near the holidays, your priority will be more around family and getting things done at work so you can enjoy the time with family.

Learning to fix your priorities, knowing when to do what, plan and stick to the plan, will clear the path for you to better execute. Sure, there can be changes along the way, that is why a good plan and clear vision will let you know when the plan should yield for the unexpected.

After you have had a chance to figure out what your priorities are, it is time to take some action steps. It is not enough to just say that you find work as a priority or that you want to spend more time with your family. Talking and thinking are great, but you need to take some actions to reach your goals.

If you have decided that your priority is work, then you will need to find ways to get ahead in your career. You can learn how to work through some of the different time management options to help you get more done, learn how to say no so you are able to fit in the most important things, and even continue your education to make sure that you are ready for the next promotion.

Maybe you have decided that spending more time with your family is a top priority that you would like to work on. You may need to schedule time to get this done. Schedule a weekend away, a night to play some games, or even time having a meal together. This will allow you a way to get more done with your loved ones and get in some of that high-quality time that you want too.

The point is that you need to actively work towards your priorities. You can't just say that they are important. You need to focus more on the actions that you can do to reach those priorities as well. With an action plan in place, you will be able to balance out your life and see great results.

Your mental health matters, take care of the you within.



# How bad do you want it

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I am not smart enough, I don't have the necessary skills, I don't have the time, I can't do it! How many more excuses until you sit down with your inner self and pour from within, the courage to face the reality of how bad you want it? Excuses relieve from the needed work; makes you feel comfortable in your <zone>. How many more excuses will it take until you realize that you missed the best years of your life talking about how you will do it later? The smartest mind, the greatest achievers have one thing in common: "they all started." Seeing the end game is great but the joy you get from milking the pain of the journey is all the climax that your soul needs. Start that project, build that business, get up and finish this degree, write that book, open your life feed, and share that story, whatever it is that is burning inside of you needs to come out and you are the main obstacle in your way to greatness and fulfillment. One said: "average skill with phenomenal will is all you need." Don't wait for the perfect moment but make every moment... while we are at it, make right now the perfect moment to honor your passion, your calling, your drive. Only then you will find purpose and excel to greater skies. Life has enough ups and downs to keep you thinking about futilities daily. But it requires higher determination to think bigger than oneself, and live a legacy, to live longer than your flesh could ever.

How bad do you want it? Get up every day and put a foot forward. Do not idolize the end result but celebrate every step. Build, rebuild, build stronger, build better. Winter doesn't kill the tree; it just gives it a breather to come back greater and more beautiful by next spring. Find purpose in every season of your journey. The sun never stops shining, the world is just revolving around to prove that we need the light to thrive but also the dark to rejuvenate. Bring yourself up to the task, find your why, expose your fears, follow your Will, when your purpose slips under your soul's door that note that says: "How bad you want it", be ready to answer; because only you can!

# Use a Planner

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Another thing that you can work with is a planner. This may make you feel like you have gone back to high school, but it is one of the best ways to keep things as organized as possible. It will ensure that you are not going to forget about something important and it gives you a great way to look briefly at how busy your schedule is at the time. When you can see all your obligations laid out in front of you, it is easier to figure out if you are busy or if you have time for something new.

Pick out a planner that you like. There are a lot of options out there. Some are just a basic calendar so you can write things down while others will include fun organizational items to keep things in order. Some can go in a book and others will go on your fridge. You can even choose to go with an online version so you can access the information from any location, without having to remember to bring it along with you.

Once you have a planner, make sure you write everything down. This will include any appointments you have, appointments for the kids, appointments for the spouse, work engagements, family time, and anything else that needs to happen during the month. Before you decide to take on anything else, you can go through and look at the planner. If a date is already fully or the week looks like it is filling up, then you can take a break and refuse to do something.

With a planner, you will be able to organize your time and get the best results. You will not forget about something and double book a day, so you get exhausted. And you will get a chance to schedule in time to relax or time with your family. You can use the planner in the way that you want. But having it handy and scheduling in things so you do not get overwhelmed.



# Say No

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One of the most important things that you can do when it is time to find balance in your life is learn when to say no to things. This can be hard. We do not want to disappoint anyone who is around us. We want them to value us and know that they can count on us through thick and thin. And we end up loading up our schedules and cutting into other things that are more important in our lives.

If you want to free up more of your time and really add balance to your life, you will need to learn how to say no. This helps you to prioritize your life and the time that you spend on different things. When you are not taking on a million projects for work to help everyone else, you have more time for your family. When you take a day to not see extended family and friends, you can use that time to relax and work on your health.

This does not mean you have to say no to every opportunity that comes your way. It simply means that you will be more selective on your time, and you can choose which activities you would like to do, rather than feeling obligated and then taking on more than you can handle. You will be happier when you say yes to something and will enjoy doing it, while saving time for the other aspects of your life that you want to work on.

Do not worry about others getting mad about this. For some people, they will get mad because there are boundaries being put in place and this is not something that they like. But for most people, they will understand that you are too busy and will start to value your time more and will only ask for help when they really need it the most. As time goes on, you will know that when someone asks you for some help, it is something they really need.

Adding balance to your life can be such an important way to help you gain happiness. Often, we feel worn out and tired because we do not have the time to get it all done or there is some aspect of our lives that is difficult to get done because the others are taking over. Adding some balance is going to help you to live a happier life overall.



# Take it a day at a time

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Have you ever sat down and looked at your kids or just any kid in your close environment and asked yourself, when did he/she get so tall. That right there is the best way to explain the compound effect in our advancement in life. Often time we move through life overlooking the small growth, the small steps, paying more attention to what others are doing, to their growth cycle instead of falling in love with our own journey. Visualizing is great, having goals is awesome, but what is more fulfilling is enjoying the little victories, the small steps forward, each one (1%) percent growth, because there lies the fuel to our biggest achievements.

For many of us, loving the journey would provide so much great return. Instead, we focus our attention on a big picture that we can't fully grasp and overlook the pieces that can hold it together for the long run. If your goal is to plant a forest, be now the guy who enjoys planting one tree. It relieves from the pressure of achieving the final goal if we value the lessons gathered through the process. Not to say to go through life being content but it is to encourage one to dream big but to remember always that the realization of the dream goes into the details. The mindset you wake up in, the conversations you entertain during the day, the lines you read, the things you watch, every single detail plays a role in your journey.

When it is time to balance out your life, many people get excited, and they want to jump right in and have a chance to do it all. This is an admirable quality to work with for most people, but they will overwhelm themselves and feel like a failure when things do not come into balance right away. This is because you are taking on too much at once, which can make it difficult to really focus and master the one thing that is the most important.

Stop trying to do it all. That is part of what caused this problem in the first place. You need to prioritize what is the most important and figure out what you would like to focus on, one thing at a time. It may seem like you are making slow progress when you do just one thing at a time, but it will make a difference and will get you faster compared to going to all of the stuff at once. When you can focus on the thing that is most important at the time, rather than everything else, you will see that big improvements are possible in a short amount of time.

Make a goal for each day and each week. This will help you to figure out what is the most important thing for you to see success. Pick the main priority that you had from above and make that the thing that you will do. If you see some progress each day, even if it is just a little bit of progress and no one else seemed to notice, keep moving forward and you will see results.

When you wake up in the morning, consider what you are going to do to make it better. Will that be the day that you focus on your family and spend time with them? Do you really need to get work done that day, so you will focus on getting that done so you feel better overall too. You will need to look at what the plan is for the day, and then focus on making that specific day the best that you possibly can.

It is too hard for you to focus on everything at once. You can try, but you will not be as efficient if you try to do this compared to just focusing on one thing at a time. Multitasking is going to really slow you down. It will stress you out and makes it hard to focus on what needs to get done. Figure out what you would like to work with at a time and make that the priority.

Next time you wake up and feel bad that you haven't realized your big dream yet and feel less than, look inside and see for yourself if you grew from where you started. In case you feel like you did not, just by making the decision to do that self-evaluation, your mind shows readiness for the ride, it just needs you to fuel it with circumstances and opportunities that match your goal. You might not be where you wanted but don't stop the course to look around but look within and keep on going.

Everyone around you is writing their own life story, don't make yours a bad parody of someone else's because you were distracted looking at what they were doing instead of focusing on writing your own on the wall of life. Don't overlook your 1% so you do not miss the compound interest that comes with it. Birth your ideas, dreams, take actions, crawl, sit, stand, fall, get up, walk, fall, stand up again, walk then run, until you defy gravity's tedious interrogations. Stay the course, you won't realize how much you grew until one day you wake up and your pants don't fit, your current environment don't fit you anymore. Even then keep growing, let your every step compound, visualize the big goals but don't overlook the journey. To enjoy the garden, you got to love the process of planting, nurturing, and maintaining your plants.

# Water your plant

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One of the worst mistake one can make during his / her life is to always compare his / her steps to others. This activity usually paralyses or gives a wrong picture of the overall situation that can handicap progress. The true definition of a man or a woman is based on the drive, the purpose driven action that he or she engages in everyday to become his / her dream, to achieve his / her goals. It is a reality that your circle defines your path, but where you are and where you end up and the speed at which you do it depends on you and you only. Waking up every morning, talk about your dream but never take the necessary decisions and actions to accomplish them is a personal choice. Starting a program, a project and not finishing it is a personal choice. Situations happen along the way, but it is said that the way of life is a marathon of obstacles, and to whom much is given much is required. Difficulties in life come in different shape and form, dedication only comes from within and is as strong as your belief, your desire, strong will and actions.

Universe is ready for you to play your part...

The seed of greatness is already planted in each and every one, it is up to you to water it every day. Life has its seasons, you know within you when it needs more water, doesn't need that much and when you can free flow on yesterday's water because the weather is clement enough. Excuses bring remorse, instant gratification gives you a perk of you got it quick moment but man... if only! Be a good steward of your tomorrow is an investment you constantly make in your today.

Give yourself a pass towards fulfillment, master your craft, invest in you, be your hero... water your plant!

# Go get it

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“The dream is free, but the hustle is sold separately.” This is one of the sentences that is engraved in many, architects of their futures. Carrying a dream is the most beautiful thing in the world until you realize that it is only a dream, and you are left out with regrets. Regrets always come uninvited, or should I say without official invitation if we consider that our lack of action towards our goals is its free pass. The materialization of one’s dream on another note requires dedication, passion, and desire to get up after each fall and start back again.

Despite not achieving your goal at your first try, still carry that dream, want it and never spend a day without thinking about the possibility of another shot at it. The barriers are there, and it will be foolish to think that the road to success must be one with petals along the way. Procrastination, we all know can be one's downside and overcome it is where we might fall short. That voice that tells you that you will have time to do everything, you have the ability to do it or master it in a day; that was/is the worst counsel, because it is always followed by that adrenaline rush when the time comes and brings disappointment when you finally cannot meet your deadline at the best of your ability. Take full advantage of any new chance at achieving each step of the goal presented to you. Even when you feel like beating yourself up, I strongly congratulate that instinct to expect better of yourself. Crown it with initiative, actions toward the materialization of your heart desire. Take it as a chance to look into yourselves and confine in others if needed of what is/are more often shared barriers, pet peeves, downfall, weaknesses(s) that keep us away from our fulfillment, our ride towards self-actualization (Maslow’s hierarchy of needs).

Lifestyle planning is a must. The same way a syllabus guides a class progression, our journey must have a guide, requirements, goals, discipline, put together to facilitate our progression. Take at heart every new opportunity offered to you, in the form of regrets, failures or half successes, since they very often help us to look at ourselves in the nakedness of our weaknesses, allowing us to decide, recognize and take control over what our instincts tells us versus what is needed to achieve the planned goal. Take ownership of your strategies for success, the biggest test being everyday life itself. New beginning is probably for some a sticker in the back that says you did not make

it, you failed at first; but it is also a sign of accountability that says I take ownership of my shortcomings and decide to change tires and get back in the race to win.

# Remain financially fit

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Very recently, quarantine has tested a lot of people's fitness status, break the flow of training and diet of so many. At the same time, has revealed how important it is to have enough in reserve for rainy days, to be financially fit or work towards that goal. At the dawn of the epidemic, it was obvious for many that countries and people were going to be badly affected at so many levels. Then it became a pandemic and uncovered the weak legs of economies at a governmental and personal level. At this point where we are now, lot of lessons have been taken and plans have changed. At the top of every person's activity should be the how and now of their initiatives for financial fitness. Let's name some ideas shared by many:

Learn a new skill. It is always good to say that we are going to get an extra job or create new avenue, but without skills these are just ideas and will remain such until we develop, learn, practice new skills that can be converted in revenue streams.

Find a hobby that brings revenue. As previously mentioned, a lot of us have hobbies that we explore every single day that can be monetize in the era we are living. Play video games as an example is a money-making activity.

Find a side hustle. A lot of kids are out of school and parents will be glad to pay for someone to tutor, watch, help with their kids at home. If you are not one who deals well with kids, what about pet sitting, walking. What about helping seniors in your area.

Save more than you spend. If you are okay with your current job and are planning on using your extra time for other activities like learning new skills; it might be called for to start saving more money than you spend. For that it is imperative to decrease non-essential spending, pay off high interest debt and save as much as you can gradually until you reach the level you are comfortable with for now and for your future. Some people do the 50-50 rule, others 60-40 or 70-30, get in where you fit in, you know what your aspirations are.

Invest. The stock market is one of the areas you can look to for investment. Either by buying well researched stocks, etc, index funds, option contract(s), futures, etc. At a time where interest rates are low on loans it might also be a good time to think about getting a loan for a multifamily property (if you have enough saved already to do so) and create a new stream of income through rent, Airbnb, etc.

Being financially fit is an essential decision that will not only benefit you but generations to come. So do yourself a favor and start your financial fitness journey. Your future self will thank you like I thank you for reading these lines.



# What if

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What if we did not spend so much time thinking and thinking over ideas?

What if we gave ourselves a chance to go after our dreams?

What if we accepted the fact that we can fail and decided to move forward and use failures as steppingstones?

What if we were more doers than complainers?

The sun never watches the news to decide if it needs to shine today; nor pay attention to the rain to dim its brightness. Never ask if it is needed today to offer its warmth. Whether through the rain, the cold, the dark, somewhere around this atmosphere it is shining as bright as it can be, waiting for you to sustain the rain and build expectation for the next round under its kind beam. Circumstances come and go, your impulses vary, that is why your goals should have better anchor. Never rely on external forces alone or at all to determine your every move. Plan, budget, project, visualize, stick to your plan and win. You got one shot at this journey called life, forget the surrounding noises that are distractions to your journey, focus and go for your goal. Let your goal, your purpose attract you. LEAD: level every asset with discipline. Know your power, know your strengths, level them, and use them efficiently. Master your inner self, gain control of the world within so you can dominate the world around. As strong and skilled as you can be, without that discipline you will only end up thinking in your old days: WHAT IF!!!?

# You are enough

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Today, our positive thought tells us that we are enough. Very often amid adversity it is easy to think that we are being submerged, overwhelmed, and cannot make it to the finish line. Yes! there is a finish line. Adversity is not a fatality, but instead obstacles that when overcome strengthen our core being and model our new dimension. When facing adversity, remember, the easiest things in life now, took you hardship to learn growing up. But you did not give up, and now they become second nature to you. Ask the baby that you once were, how easy it was to sit, crawl, stand up, walk, and look at yourself now... You made it with efforts and dedication. Even if today, you are someone with reduced mobility, never forget that: **YOU ARE ENOUGH!!!**

# CONCLUSION

The mind has forever been the greatest muscle of the human body. From it you find strength, determination but also lack of it so, is your inclination. As years go by, taking away with them wishes without plan, goals without actions; the mind will be as strong as you allow it to be.

In this booklet we put you face to face to face with yourself. We help you to connect with that inner self that knows every time you pushed to later what needed to be done in the now. Stop being the victim and let free the victor in you. Remaining in the victim state calls for compassion, then what...? Crunch life to the fullest bring self-fulfilment and a guarantee that you lived the life that you were meant to live. Free you, grow you, be you!

# REFERENCES

## Works Cited

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Thank you for ordering and reading this booklet. I hope that the information it contains, every time you try to bury it far down in your mind, will attract water of your efforts, the sun of your best qualities and grow ten folds. You deserve that life that you dream about, you can have it if you go for it. You mean a lot for people around you more than you could imagine, but deep down you know that the kid inside of you look up to that person that you hide behind your sorrow and relentless effort to keep away. Shake it up, go after it and crunch that life to the fullest.