

How to Balance Doing And Being

There are two primary states in life – *Doing* and *Being*. *Doing* connotes taking action, and *Being* involves reflection.

To use an agricultural metaphor, if you want something to grow, you must first reflect on what to plant (*Being*). Then you prepare the earth and plant the seeds (*Doing*), allowing the seeds to take root and grow (*Being*), before you can harvest your crop (*Doing*). If any of these steps are left out, the crop is worthless. The same is true for achieving success.

When the states of *Being* and *Doing* become unbalanced, success cannot be achieved. If you are constantly active and don't have a chance to reflect on your life (too much *Doing*), your energy will be drained and happiness will elude you. If you overanalyze situations and trust that success will somehow just happen by accident (too much *Being*), you will never get around to accomplishing anything.

Many people in our society are experiencing massive burnout as a result of this imbalance. You must understand the importance of both *Doing* and *Being*, and live your life accordingly.

Now in the space below, describe examples of *Doing* in your life. Feel free to draw any pictures or symbols that come to mind.