

Welcome to-

Life's a Bicycle-

How to Balance Your Life, Like You Balance a Bike!

How is your ride? Smooth? Bumpy? Got a flat?

You **CAN** Balance Your Life,
Just Like You Balance a Bike—

All you have to do is:
Tune In,
Tune Up, &
Take Off
To Balance Your Life!

written and presented by:

Sharon M. Barnes, MSSW, LCSW

Creative Transformation Specialist

Releasing Creativity; Transforming Lives

through speaking, writing, consulting and counseling

3500 South Wadsworth Blvd #203
Lakewood, CO 80235
phone 303-987-0346
fax 303-989-0099

www.LifesaBicycle.com

www.AcademyofCreativeLiving.com

email to: Sharon@AcademyofCreativeLiving.com

Second Edition © 2004, Sharon M. Barnes, LCSW
All rights reserved

Balancing Your Life is Like Balancing a Bike:

- " Both of the wheels and the rider must be balanced to go where you want to go
- " Both depend on Dynamic Balance, not static balance
 - There is constant movement
 - The pathway varies
 - The pavement changes
 - The weather varies
 - Traffic changes
 - Health/body condition varies
- " Do you know how to ride a bike? Then you can balance your life!

To Balance A Bike (and Our Lives) We Need To:

- " Tune In
- " Tune Up
- " Take Off

1. Tune In: How's Your Ride?

What happens when your bike is out of balance?

What happens when your life is out of balance?

Short Term Effects of Stress:

- " Increased concentration
- " Increased Endorphins to block pain
- " Get second wind
- " Blood diverts to muscles for increased fuel & oxygen for fast action
- " Increased energy & strength
- " Decreased allergic reactions
- " Digestion slows or stops
- " Decreased blood sugar level
- " Decreased sex drive
- " Increased white blood cells to boost immune system
- " Increased blood platelets for faster clotting

☼ **Which ones of these do you experience in your life? Circle them above if you like. Check the ones you have the most.**

© 2004, Sharon M. Barnes, LCSW. All Rights Reserved

Long Term Effects of Stress:

- " Decreased concentration leading to increased error rate
- " Decreased endorphins leading to increased sensitivity to pain
- " Weight changes
- " Shaky nerves, adrenal exhaustion
- " Intolerance to heat or cold
- " Immune system impaired
- " Increased chance of high blood pressure
- " Increased chance of heart attack, stroke, & aneurysm
- " Increased damage to lungs from air pollution & smoke
- " Increased digestive problems—indigestion, heartburn, nausea, mal-absorption of nutrients, irritable bowel, etc
- " Increased diabetes, hypoglycemia
- " Increased fatty deposits on lining of blood vessels
- " Decreased sex drive; decreased sexual dysfunction

- ☼ **Which of these are you experiencing? Circle them above if you like. How long have you had them? Check the ones you have the most.**

Monkey Business:

Remember Pete's Dragon!

- " Ignore a dragon, and you _____ a dragon
- " To tame a dragon, _____ the dragon

- ☼ What's your dragon? Name it:

Three simple ways to check for the source of trouble when your bike/life is out of balance:

- 1.
- 2.
- 3.

Why bother with this? The benefits of tuning in:

How Do We Know When Our Bike/Life is Out of Balance?

Signs of Bicycle Imbalance:

Signs of Life Imbalance:

" Irritability	" Appetite/weight/eating changes
" Anxiety, depression	" Overwhelming emotions
" Fatigue	" Increase in mistakes or accidents
" Inability to concentrate	" Life crises or chaos
" Dis-ease, illness	" Sleep disruption/changes

✱ Circle the ones you are experiencing now.

Prime Times for Imbalances with a Bike to Occur:

Prime Times for Life Imbalances to Occur:

Stressful Life Events:

Marriage	Divorce
Job changes	Change in residence
Change of family size	Illness (self or family)
Times of Significant Unresolved Value Conflicts	Financial difficulties
Times of Persistent Frustration	"Leg-lifting" Experiences
When you have Ongoing Unsatisfactory Results	Death in family
Any Life transition	

"In abnormal circumstances, _____ feelings are normal"

Ed Bryan, PhD Chaplain and Family Therapist

✱ What stressful life events have you experienced in the last 12 - 24 months? Circle them

Two Simple Things You Can Do Anywhere to Restore Balance to your life: (Things to DO, not to FEEL)

"

“
“
“

Bonus: One more that you can do ALMOST anywhere:

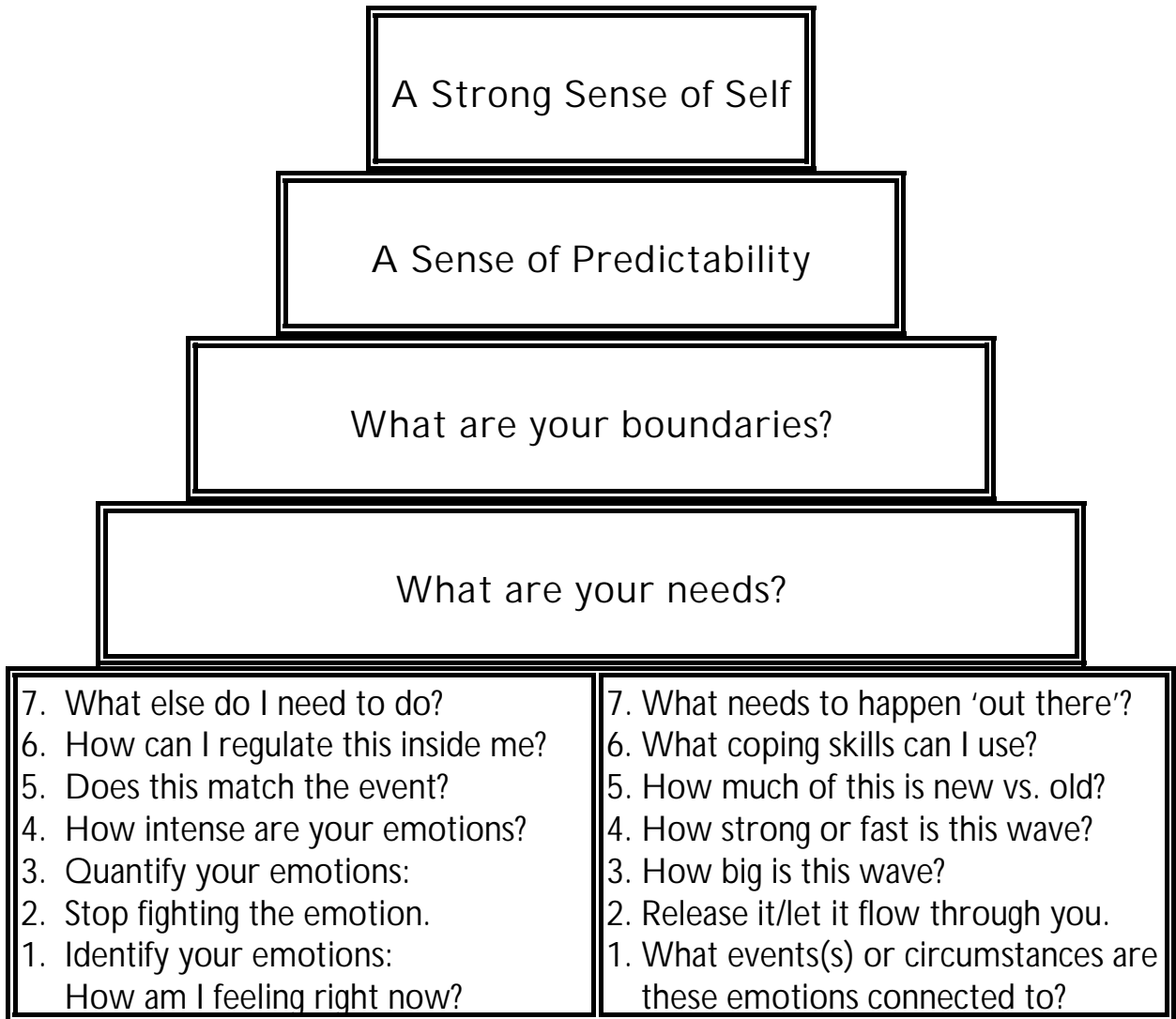
Another Bonus:

© 2004, Sharon M. Barnes, LCSW. All Rights

Reserved

How to Develop A Strong Sense of Self: Climb the Personal Power Pyramid:

THE PERSONAL POWER PYRAMID



Emotions are like ocean waves:

They come unbidden, uninvited, repeatedly, unending, over & over.

They come in different sizes, forms and intensities. They move in different directions.

They leave as surely as they come.

They can be fun and exciting when you let go and learn how to ride them.

The best way to deal with them is:

1. Learn to know them/develop a relationship with them through study & experience.

2. Don't fight them; learn their rhythm and how to read them and how to go with their flow.

3. Learn how to ride them.

© 2004 Sharon M. Barnes, LCSW, All rights reserved

✿ How are you feeling today?

Glad?

Sad?

Mad?

Had?

What else?

Get specific. Include all of the many, varied, even conflicting emotions you are experiencing

✿ Walk Your Way Up the Pyramid.

✿ How do you feel stronger in relation to this than you did before?

We all already do something with our emotions. What do you do with yours?

✿ What are your favorite things to do to avoid, put a lid on, stifle, stop your emotions?

Why Feel and Release Emotions?

**Top Secret Tip #1: How to Feel and Release Your Emotions
While Having Fun: Make a Container For Them.**

" Creative Handwork activates the imagination.

Albert Einstein said, 'Imagination is more important than knowledge [facts]."

Imagination is stronger than will; when these are in conflict, imagination will win every time.

" Expressive arts reach deep within, activating one's True Self and bringing out one's Inner Wisdom. They also reach and heal the Inner Child in ways nothing else can.

" This helps develop Intuition

- " This aids in discovering and/or recovering creativity
- " Making something which is a tangible, three dimensional metaphor for an internal, invisible process helps us visualize, understand, cooperate with, and even learn to activate it at will.
- ✱ What comes to mind as a container that you could make that could help contain your emotions, so you can help them flow out of your body?

Recap: Tune In = Wake Up Tune In = Pay Attention

© 2004, Sharon M. Barnes, LCSW. All Rights Reserved

2. Tune Up: The Art of Bicycle Maintenance

- ✱ What are your favorite ways to resist tuning up your life?

Benefits of Tune-ups (Why Tune up?)

The Airline Flight Attendants' Secret Formula:

Put on your own _____ !

Care for _____ so _____ for others!

Do for yourself _____ for you!

Love your _____ yourself!

- ✱ What self-care have you been neglecting that would significantly increase your balance if you would do it?
- ✱ What is stopping you from doing it?
- ✱ How can you do it anyway?

How to Tune Up: Check, Clean, Oil, Adjust, Repair or Replace Check:

- " What is working?
- " What is not?
- " What is moving that shouldn't be?
- " What is not moving that should be?
- " What is broken, torn, leaking?

- * What IS working in your life right now?
- * What is NOT?
- * Is there something moving in your life that needs to stay still?
- * Is there something in your life that's not moving and should be?
- * Is something in your life broken, torn, leaking, wounded?

© 2004, Sharon M. Barnes, LCSW. All Rights Reserved

Clean:

- " Routine cleaning
 - Dirt from the trail
 - Grease & oil
- " Spring Cleaning: seasonal sorting and cleaning
 - * What has gotten dirty from Life's path?
 - * What no longer fits you or your life?
 - * What do you no longer need or use?

Oil: Lubricate Your Life!

Decrease friction:

Within:

- " Know Your Temperament:
 - * Am I a Driver, Analytical, Amiable, Expressive?
- " Know Your Values:
 - * What is most important to me in life?
- " Know Your Strengths
 - * What are you good at?
 - * What do you enjoy doing?
 - * How can you develop these strengths?
- * What Makes Your Life Worth Living?
- * What Increases or Decreases Your Energy, Your Life Force?

Without:

- " How much does your work fit you?
- * Temperament,
- * Values,
- * Strengths,
- * Type of Energy it Requires

- * How current are you with your communication? Do you have a collection of back-logged “stuff” that needs to be dealt with “Someday”?

Adjust:

Small changes can have _____

Insanity is doing the same things we always have , while expecting _____

- * What changes can I choose? What will happen if I choose nothing?

© 2004, Sharon M. Barnes, LCSW. All Rights Reserved

Replace or repair:

Personal growth leads to _____

- * What is broken or worn out in my life that needs attention?
- * What early life decisions no longer work for me?
- * What in my past haunts me?
- * What wounds are unhealed in my life?

Top Secret Tip #'s 2 & 3: How to Heal From Your Emotional Wounds:

What you can Feel, you can Heal!

Making a Memorial heals you; Admiring it sets you free!

- * What personal Memorial do you need to consider making?
- * What can you make—what is the first thing that pops in your mind? It doesn't matter if it seems silly or stupid, if it's right for you, it's right! No matter if it seems impossible!
- * Admire it; observe it, meditate on it, and you'll be set free!

How to know when your bike needs more than you can do for it:

How to Know When You Need More Than You Can Do For Yourself:

- " When you can't turn to those close to you for help
- " When you cannot do what you know to do
- " When you are blocked or stuck in solving your problems
- " When nothing you know to do helps
- " When feelings of depression or anxiety persist over time
- " When a significant relationship is not working no matter what you do
- " When your stress is out of control
- " When losses, crises or changes are overwhelming

" When sleeping or eating problems continue over time

✱ Do any of these fit your situation?

✱ Would you like help in finding someone to work with you?
Contact me, and I'll be glad to assist you in finding someone in your area.
Call me at 303-987-0346 or email me at Sharonbarneslcsw@cs.com.

© 2004, Sharon M. Barnes, LCSW. All Rights Reserved

Fine Tune the Tune-Up:

✱ How far and where do you want to go? What kind(s) of path(s) will you use?

✱ What are the wheels in your life? Home & Work? Inner & Outer Life?

✱ What are your spokes? What holds the wheels up? How balanced are they?

✱ What are the spaces in between? Do you have any spaces?

✱ What surrounds everything and holds your life together? What cushions things?

✱ What gives direction to your life?

3. Take Off!

Get Started!

Don't _____ Do it _____

Beginning is _____ Just _____!

The longer you _____ the _____ it is to _____.

✱ What action do you know you should take now?

✱ What action will you regret if you do not take it now?

Expect Resistance! Yes, Again! Especially Now!

- " Newton's Third law of motion: for every _____ there is an equal and opposite _____.
- " There are Many Kinds of Resistance: know your typical ones.
- " Prepare for it:
- " Move through it
- " Keep _____ Don't _____

© 2004, Sharon M. Barnes, LCSW. All Rights Reserved

Feel the Fear and Do it Anyway (Susan Jeffers)

- " First assess the fear for reasonable risk
- " Develop your strength by starting _____ and taking _____ risks
- " Start _____ and continue _____

Only a person who risks is free!

- " Manage your discomfort consciously/ stay balanced
- " Tune out the static (again)
- " Keep it Simple, Sweetheart!
 - Breathe
 - Give Thanks
 - Stretch

Stay on Track:

- " Go one _____ at a time
- " set _____ goals
- " keep the next _____ in sight
- " Keep the _____ be flexible in _____

Celebrate your accomplishment!

Good job! Well Done! Yee Haw! Yeah for you!

- " _____ yourself for _____
- " _____ those who have _____ you along the way.
- " _____ yourself a _____

_____ are the Key that pulls it all together!

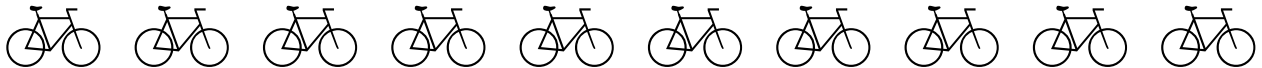
More Monkey Business: Monkey Magic

Seven new monkeys to replace the three old monkeys:

_____ what there is to _____

_____ what there is to _____
_____ what it is that you _____
_____ your own _____
_____ what needs to be _____
_____ what you need to _____
_____ who you really _____

© 2004, Sharon M. Barnes, LCSW. All Rights Reserved



My goal is that every time you ride a bike, or see one, you'll be reminded that:

Life's a Bicycle: You Can Balance your Life--

All you have to do is:

Tune In

Tune Up, &

Take Off!

And You Can Balance Your Life, Just Like You Balance a Bike!

Life's a Bicycle Audio Seminar and workbook

written and presented by:

Sharon M. Barnes, LCSW

Creative Transformation Specialist

Releasing Creativity; Transforming Lives

through speaking, writing, consulting and counseling

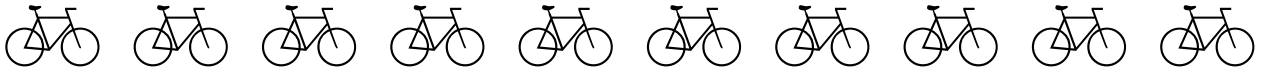
3500 South Wadsworth Blvd #203 Lakewood, CO 80235

phone 303-987-0346 fax 303-989-0099

www.LifesaBicycle.com

www.AcademyofCreativeLiving.com

email to: Sharon@AcademyofCreativeLiving.com



Second Edition © 2004, Sharon M. Barnes, LCSW All rights reserved