8 QUESTIONS
A Quick start Guide to Creating a Happier Life

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Are you feeling lost? Out of touch? Stuck in a rut? Or experiencing any degree of unhappiness in your life? If so, you’ve come to the right place!

I’ve compiled a list of 8 simple but incredibly important questions you can ask yourself, on a daily basis, if you are feeling unhappy, stressed, or otherwise dissatisfied with life!

Being able to say “Yes!” to these questions will give you the necessary tools to get to a position of mental, physical, spiritual, and emotional wellness that will ultimately bring you to a place of peace and happiness in your life, as well as feeling more balanced overall!

Welcome! I am Kellsi, the person behind A Beautifully Balanced Life. I am passionate about peace, self-acceptance, and happiness. I’m here to help you focus on becoming more mentally, physically, spiritually, and emotionally balanced.
No matter your spiritual belief system, whether you believe in a higher power like God, or just in sending good energy and thoughts out into the universe, praying is an essential element to finding and maintaining happiness in your life. On an energetic level, praying and reading scripture SHIELDS you! It puts an energetic armor on your body and will give you the ability to handle the challenges of the day with much more confidence and security. You will be receiving help from God (or your Higher Power) that you don’t see and won’t even realize most of the time. But, it truly IS there. Just saying a prayer gives you that EXTRA level of protection. So, PLEASE make sure that you can answer, “Yes,” to this question!

Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it’s important to rehydrate by drinking fluids and eating foods that contain water. You need at least half your body weight in ounces of water daily in order to even function at your highest physical level, and you need even MORE water if you are exercising and are physically active.

Example: A sedentary person needs 50% and an active person needs 75%. If you’re 160lbs you’d need 80oz (50%) or 120oz (75%).
HAVE I DONE AT LEAST 30 MINUTES OF EXERCISE TODAY?

I know life is busy and it can seem like you have absolutely NO time, but, we can all squeeze in 30 minutes of an activity that gets our heart rates going! Even if you have to dance around the house while you’re cleaning. You can do it! Your body deserves it! Physical activity can improve your health, reduce the risk of developing several diseases, and greatly improve your quality of life.

HAVE I BEEN GETTING ENOUGH SLEEP?

A good night’s sleep is incredibly important for your health. In fact, it’s just as important as eating healthy and exercising. Poor sleep affects hormones that regulate appetite, it’s been associated with a drastically increased risk of weight gain and obesity in both children and adults. Those who get adequate sleep tend to eat fewer calories than those who don’t. Sleep affects your body’s inflammatory responses. Poor sleep is strongly linked to inflammatory bowel diseases and can increase your risk of disease recurrence. Getting less than 7-8 hours per night is linked to an increased risk of heart disease and stroke. Sleep deprivation can cause prediabetes in healthy adults in as little as 6 days. Many studies show a strong link between short sleep duration and type 2 diabetes. Getting at least 8 hours of sleep can improve your immune function and help fight the common cold. Poor sleep has been shown to impair brain function. Good sleep can maximize problem-solving skills and enhance memory. Poor sleeping patterns are strongly linked to depression. Not only that, but, it may even reduce your social skills and ability to recognize people’s emotional expressions. The bottom line? Get your sleep. Your mental, physical, and emotional health are counting on it!
HOW IS MY SELF-TALK?

Do you think or say negative or overly critical things about yourself whether to yourself or in front of others? Do you think or say things that you wouldn’t dare say TO or about someone else? If so, stop! Self-talk is a huge part of what makes us who we are. It impacts how we feel about ourselves, how we feel about what we can achieve in life, how we’re viewed by the world, and how we interact with others. It impacts our self-esteem, self-confidence, and self-image. Most of us express some form of negative self-talk as well as negative external talk toward ourselves. We learn it from our caregivers, then perpetuate it for years creating who we are. Noticing how we talk to ourselves is the beginning to changing it for the better! If you’re trying to create a more positive, balanced life, it is critically important that you look at your internal dialogue. Most of us pay little attention to our thoughts. We are often controlled by them, and we often beat ourselves up without even realizing it. It just becomes routine. You will likely never truly feel “great” or love yourself if that’s the way you talk about yourself. If you think negatively or speak negatively about yourself to others, being “mindful” or “paying attention” is mandatory in terms of turning it around!

HAVE I DONE 15 MINUTES OF SELF-CARE?

Do you tend to get sick a lot? Chances are, you’ve been taking care of everything and everyone else, and not using any of your time to take care of YOURSELF! Do something that YOU want to do. Something that helps you relax, have fun, and frankly, something that doesn’t immediately benefit anyone but Y-O-U. It is NOT selfish to take care of yourself, so, please don’t feed into the lie that you must ALWAYS be of service to others in order to be humble. You can’t take care of others if you’re running on empty yourself. Self-care is the most simple of things, but helps to bring about the greatest change!
HAVE I SPENT ENOUGH TIME IN NATURE?

Most of us spend the majority of our days cooped up at our desks, and we don’t get to spend much time outside. However, spending time in nature can have profound health effects, and if you’re inside too often, you may be exhibiting some signs that you aren’t spending enough time outside! These signs include: Low vitamin D, wanting to spend more time in bed rather than being active or getting out with friends, feeling stressed or anxious, feeling socially isolated, experiencing joint pain, having gastric issues, or feeling fatigued. Not only does spending time outdoors usually include a little bit of exercise, but it can help calm our minds, improve our physical health, and help us connect more with everything and everyone around us.

DO I MEDITATE REGULARLY?

The most successful people in the world meditate, and there IS a reason why. Science backs up the effectiveness of meditation and has revealed an incredible array of benefits: It rewires your brain for happiness, peace and success, increases your sense of well-being, increases your sense of connectedness, empathy, and your ability to relate to others, improves mental focus, makes you more creative, improves memory, improves decision-making skills, helps people overcome addictions, improves cardiovascular health, enhances the immune system, helps your mind and body reach a more harmonious state of balance and becoming “one” with each other, reduces physical and emotional pain (better than morphine), and helps you to reach Enlightenment, or a state of greater happiness and understanding.
If you can answer “Yes” to all of these questions every day, and yet you are STILL feeling unhappy with your life, go out and serve someone. And I don’t mean just family members who you give service to every single day, but, someone you don’t normally do things for, be it a neighbor, someone you see at the coffee shop or grocery store, etc. It doesn’t matter who it is or what exactly you do for them, but, do SOMETHING. Get out and SERVE. It’ll make you feel better and help you to find your purpose. I promise.

I can guarantee you that if you regularly practice the things provided on this list, your life will start feeling better, lighter, more purposeful, and ultimately happier!