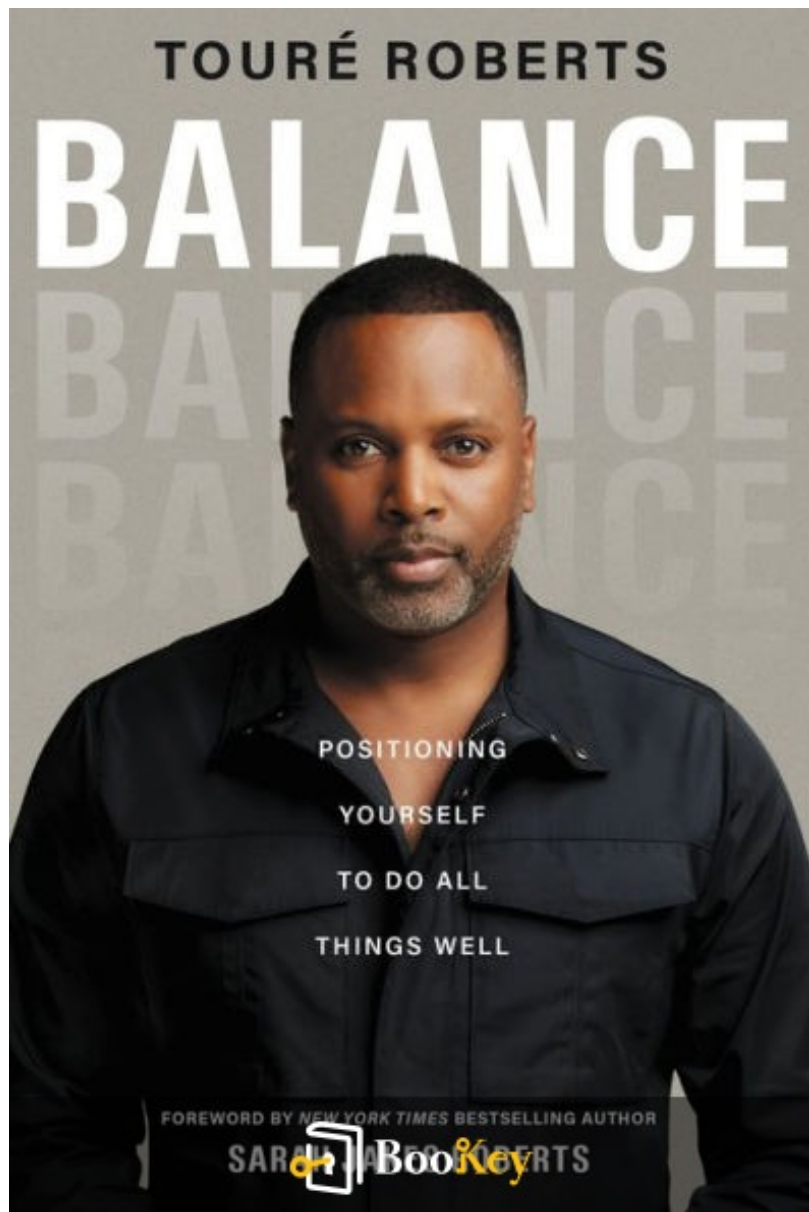


Balance PDF

Touré Roberts, Sarah Jakes Roberts (Foreword
by)



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About the book

Unlocking Your Best Self: Discovering True Balance in Life

Have you ever envisioned harnessing the awareness, sensitivity, and thought patterns that lead to the most triumphant outcomes in your personal and professional life? What transformations could occur if you could shatter the inconsistent habits that hold you back from reaching your full potential? Imagine having the ability to routinely connect with the highest version of yourself, leaving behind cycles of unpredictability and embarking on a winning journey across all vital areas of your existence.

Achieving Your True Potential

These aspirations are not just dreams—they are your innate purpose!

In his bestselling book, *Balance*, acclaimed author Touré Roberts invites readers on an extraordinary journey, revealing a divine formula for making this vision a reality.

This insightful guide presents a fresh and eye-opening take on the elusive notion of balance. Going beyond the conventional ideas of work-life equilibrium, Roberts asserts that balance is a state of being, a transformation that, once embraced, brings forth your most elevated self. This state

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enhances your productivity, enriches your relationships, and maximizes your overall accomplishments.

A Relatable Journey

With genuine relatability, Roberts skillfully aligns with every reader. His straightforward teaching approach and heartfelt vulnerability shed light on the universal human desire for balance. He shares transformative personal anecdotes and the essential lessons they offered him while navigating his own journey to balance. As a successful author, dynamic speaker, CEO, and lead pastor of two large congregations in the U.S., as well as a committed husband and father of six, Roberts understands that simply managing obligations is not the solution.

Core Principles of Balance

Rather than rely on traditional time management tactics, Balance digs deep into the core issues influencing our lives. Roberts emphasizes that achieving genuine balance starts with prioritizing oneself and recognizing our deepest internal needs. He passionately asserts, "Identifying your deepest needs not only transforms your life but also unleashes your greatest self, allowing your best talents to flow into the lives of those around you." Balance is not merely about distributing parts of yourself among your responsibilities; it's about

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fully embracing your true self and sharing from your completeness in all areas of your life.

Key Insights from the Book

Among the enlightening chapters, you'll find:

- The Power of No: Why this simple word can be your greatest asset.
- There's No Team in I: A groundbreaking look at being 'self-ful' rather than selfish.
- The 5 Signs of Imbalance: A guide to quickly identifying and addressing life's imbalances before they escalate.
- Balance after The Blow: A structured approach to regain your balance following unexpected setbacks.

Each chapter equips you with incredible principles, tools, and prompts for personal reflection.

Your Guide to a Fulfilling Life

Balance serves as a personal navigation guide unparalleled in its approach, steering you toward a life filled with productivity, peace, positivity, purpose, and infinite possibilities.

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Balance Summary

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Who should read this book **Balance**

"Balance" by Touré Roberts is a must-read for anyone seeking personal growth, inner peace, and a deeper understanding of life's complexities. This book particularly resonates with individuals who feel overwhelmed by daily demands, as it offers practical insights on how to achieve equilibrium between various aspects of life such as work, relationships, and spiritual fulfillment. It's ideal for young professionals, parents, and anyone navigating significant life transitions. Furthermore, those interested in self-help, spirituality, and personal development will find Roberts' engaging writing style and relatable anecdotes to be both inspiring and transformative, making it a fitting choice for readers yearning for a fulfilling, balanced life.

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Key insights of Balance in table format

Title	Balance: Positioning Yourself to Be Unstoppable
Authors	Touré Roberts, Sarah Jakes Roberts (Foreword by)
Genre	Self-Help / Inspirational
Publication Date	2021
Overview	The book explores the concept of achieving balance in life, focusing on the intersection of faith, purpose, and personal growth.
Main Themes	<ul style="list-style-type: none">- The importance of emotional, spiritual, and physical balance.- Overcoming internal struggles.- Harnessing one's purpose and identity.
Key Concepts	<ul style="list-style-type: none">- Navigating life's challenges with grace.- The relationship between purpose and balance.- Personal empowerment through self-awareness.
Target Audience	Individuals seeking personal growth and balance in their lives.
Notable Quotes	"Balance is not about perfection, but about positioning yourself for growth."
Critical Reception	The book has been well-received for its relatable insights and practical advice.



Title	Balance: Positioning Yourself to Be Unstoppable
Recommendations	Readers interested in self-improvement and spiritual growth would benefit from this book.

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Balance Summary Chapter List

1. Embracing the Journey Towards Inner Balance
2. Understanding the Remnants of Our Past
3. Developing Resilience Through Life's Challenges
4. Cultivating Positive Relationships and Community
5. Aligning Your Purpose with Your Actions
6. The Power of Mindfulness and Presence
7. Creating Lasting Change Through Intentional Living

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1. Embracing the Journey Towards Inner Balance

In "Balance" by Touré Roberts, the journey towards inner balance is presented as both a personal and collective odyssey. Embracing this journey means recognizing that life is not a straight path, but rather a series of experiences that shape who we are.

The authors suggest that achieving inner balance requires a profound understanding of the remnants of our past. These remnants, which manifest as unresolved emotions and ingrained beliefs, heavily influence our decisions and emotional states. By facing these aspects of ourselves, we can begin to untangle the layers that cloud our judgment and hinder our growth. It's a process of peeling back the layers of past experiences, allowing us to illuminate the shadows that may have shaped our current realities. Only through this understanding can we move towards healing and balance.

Developing resilience is a critical theme within this journey. Life's challenges can be overwhelming, yet they are often the catalysts for growth. Cultivating resilience allows individuals to navigate through storms without losing their sense of self. Roberts emphasizes that resilience is not about avoiding pain, but about learning to embrace it. The authors encourage readers to shift their perspective towards struggles, viewing them as opportunities to innovate and transform.



In addition to harnessing inner strength, cultivating positive relationships is vital. Community plays an essential role in maintaining balance. The narratives shared in the book highlight how nurturing supportive relationships fosters an environment where individuals can feel safe to express themselves and grow. The strength found in these connections can provide assurance and guidance, reminding us that we are not alone in our journeys.

Aligning your purpose with your actions is another critical component emphasized by the authors. This alignment creates a clarity of vision that permeates every aspect of our lives. It allows us to approach challenges with intention, ensuring that our actions resonate with our core values and beliefs. Roberts guides readers to reflect on their true desires, encouraging them to engage in activities that affirm their life's purpose.

The power of mindfulness and presence cannot be overstated in the quest for inner balance. Practicing mindfulness enables us to fully engage with our present experiences rather than becoming ensnared by past regrets or future anxieties. The authors illustrate how fostering a mindful attitude contributes to heightened awareness and appreciation of life's small moments, enabling us to cultivate peace and contentment within ourselves.

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Creating lasting change through intentional living is the crystalization of the journey towards balance. It's about making conscious choices that reflect our deepest values and aspirations, allowing us to craft a life filled with purpose and meaning. The transformative practices encouraged throughout the book foster an empowered mindset that enables individuals to take charge of their destinies, embracing the power they hold to create the life they want.

In conclusion, embracing the journey towards inner balance as illustrated in "Balance" demands a comprehensive approach: understanding our past, developing resilience, cultivating nurturing relationships, aligning our actions with our purpose, fostering mindfulness, and living intentionally. Together, these elements create a roadmap towards a harmonious existence, leading us closer to the equilibrium we seek.

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2. Understanding the Remnants of Our Past

In the journey toward inner balance, a crucial step involves understanding the remnants of our past. Each individual's history is filled with unique experiences that shape their beliefs, behaviors, and emotional responses. Touré Roberts emphasizes that our past does not solely define us; rather, it can serve as a foundational element from which we can grow and evolve.

Acknowledging the remnants of our past allows us to confront the unresolved feelings, traumas, and lessons that linger in our minds and hearts. It is essential to take a moment to reflect on our personal narratives—the events that have shaped who we are today. These narratives often include hardships, disappointments, or negative experiences that can manifest as emotional baggage. By recognizing these remnants, we acknowledge their influence in our present lives, which is the first step toward healing and balance.

Roberts encourages readers to engage with their past honestly. This means not only recognizing painful memories but also celebrating moments of joy and achievement. Both aspects are vital to understanding our full narrative. This holistic view offers an opportunity to extract wisdom from adverse experiences while also reinforcing the positive attributes that have helped us persevere.

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The author invites readers to practice self-compassion as they sift through their memories. This practice allows them to view mistakes and struggles not as failures, but rather as integral parts of their journey. The aim is to transform these experiences into stepping stones that empower them rather than weighing them down. Engaging in this process fosters resilience and a deeper sense of self-awareness, allowing individuals to respond to current challenges from a place of strength instead of fear.

Furthermore, understanding the remnants of our past involves recognizing patterns in our behavior. Many times, our childhood experiences or significant events shape how we engage in relationships, approach challenges, and pursue our aspirations today. By identifying these patterns, we can begin to unravel the threads that no longer serve us, enabling personal growth and positive change. Roberts underscores the importance of rewriting the narrative—taking control of one’s story to reflect growth, lessons learned, and a newfound purpose.

Ultimately, the journey of understanding our past is not about dwelling on pain or regret, but rather about fostering clarity and acceptance. It is an invitation to learn and to lift the burdens we sometimes carry unconsciously. In light of this understanding, individuals can pave the way for a life of fulfillment, centered around intentional action and aligned with their true selves. This section of the book serves as a reminder that as we embrace our

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past, we create the foundation for a balanced and purposeful future.

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3. Developing Resilience Through Life's Challenges

In "Balance," Touré Roberts delves deep into the essence of resilience as a fundamental quality needed to navigate life's inevitable challenges. He emphasizes that resilience is not merely about weathering storms but about emerging from them stronger and more insightful. Life's difficulties, whether they arise from personal struggles, relationship issues, or professional setbacks, serve as crucial opportunities for growth and transformation.

Roberts argues that developing resilience begins with a shift in mindset. Instead of viewing challenges as barriers, they should be seen as stepping stones that contribute to our growth. This perspective allows individuals to accept their circumstances without feeling defeated. The key is to cultivate an inner strength that recognizes adversity as a part of life's journey, paving the way for understanding and adaptability.

Central to this theme is the notion of perseverance. Roberts illustrates that those who thrive are often the ones who are willing to push through discomfort and uncertainty. He uses personal anecdotes to highlight how his own trials have sculpted his resilience. From overcoming failures to embracing rejection, each experience has taught him valuable lessons that fortified his resolve and character.



Moreover, Roberts stresses the importance of emotional intelligence in building resilience. Recognizing and understanding our emotions, as well as those of others, equips us to respond thoughtfully in challenging situations rather than reacting impulsively. He shares strategies for cultivating self-awareness, such as journaling and reflective meditation, which empower individuals to confront their feelings and thoughts constructively.

Another pivotal element discussed is the need for a support system. Resilience doesn't exist in isolation; it flourishes in communities that foster encouragement and understanding. Roberts encourages readers to nurture relationships that uplift and inspire them, urging them to seek out mentors, friends, and families who nurture their potential and provide a grounding presence during turbulent times.

Ultimately, developing resilience is an ongoing journey. Roberts advocates for an approach that embraces vulnerability, allowing individuals to be honest about their struggles while also seeking help when needed. He asserts that building resilience is akin to sculpting a statue—each struggle chisels away at the stone, revealing the strength that lies beneath.

In conclusion, Roberts champions the idea that true resilience is rooted in both personal development and community connection. By embracing the

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challenges life presents, cultivating emotional intelligence, and surrounding ourselves with positive influences, we pave the way for a life marked not by the absence of difficulties, but by the presence of growth and balance.

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4. Cultivating Positive Relationships and Community

In "Balance," Touré Roberts emphasizes the critical role that relationships play in our emotional and spiritual well-being. Cultivating positive relationships isn't merely about surrounding ourselves with others; it's about forging connections that enrich our lives, foster growth, and encourage us to become our best selves. Roberts encourages readers to engage in a deliberate process of surrounding themselves with people who uplift and inspire them. This starts with self-reflection, acknowledging the types of relationships that contribute positively to our lives and those that may hinder our growth.

The author illustrates how building a supportive community can serve as a buffer against life's many challenges. By establishing connections with individuals who share similar values and goals, we create a network of support that can help us navigate difficult times. This community can consist of friends, family, mentors, or even acquaintances who align with our journey towards inner balance. Roberts urges readers to prioritize these relationships by investing time and energy into them, recognizing that true connection requires effort, authenticity, and vulnerability.

Moreover, Roberts introduces the concept of reciprocity in relationships. He highlights that positive relationships flourish when there is a mutual exchange of support, love, and encouragement. This symbiotic dynamic not

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only strengthens bonds but also fosters a sense of belonging and unity among individuals within a community. Each person brings their unique experiences and strengths to the table, enriching the group as a whole. As readers cultivate their relationships, they are urged to provide as much as they receive, embodying the principles of generosity and compassion.

The author also notes the importance of surrounding oneself with people who challenge us intellectually and emotionally. These relationships, while potentially uncomfortable, can significantly contribute to our growth. Engaging with diverse perspectives can help us expand our horizons and deepen our understanding of ourselves and the world around us. This means being open to constructive criticism and embracing the idea that growth often comes from discomfort.

Additionally, Roberts underscores the necessity of establishing healthy boundaries within relationships. Recognizing when a connection is toxic or unproductive allows individuals to protect their emotional and mental health. Setting boundaries does not mean closing oneself off, but rather cultivating an environment where only positive influences are allowed to thrive.

As the narrative unfolds, we see how cultivating positive relationships and a supportive community leads to a more balanced life, where individuals can flourish both personally and collectively. This symbiotic relationship

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between oneself and others forms a foundation for happiness and fulfillment, reinforcing Roberts' central message of the interconnectedness of our journeys. In summary, by investing in relationships that uplift and inspire, setting healthy boundaries, and being open to challenge and growth, we create a community where everyone can thrive, further enhancing our pursuit of inner balance.

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5. Aligning Your Purpose with Your Actions

In "Balance," Touré Roberts emphasizes the crucial importance of aligning one's actions with their evolving sense of purpose. This process of alignment is not merely about setting goals; it is a profound journey towards authenticity, integrity, and fulfillment. The authors convey that individuals often find themselves in a dichotomy where their daily routines and choices do not reflect their innermost desires or values. This dissonance can lead to feelings of frustration and disconnection, hindering personal growth and the ability to live fully.

To align your purpose with your actions, the first step is self-reflection. Roberts encourages readers to delve into their true motivations and aspirations. By understanding what genuinely drives them, individuals can identify areas in their life where they may have strayed from their purpose. This necessitates honest self-assessment, where one examines existing habits, relationships, and commitments in light of their authentic self.

Setting clear intentions is another pivotal element highlighted in the text. Rather than allowing life to happen passively, Roberts suggests that readers must proactively craft their lives by making intentional decisions. This involves defining what balance looks like for them and how that balance manifests in their everyday choices. By setting intentions, individuals can navigate their daily life with a purpose-driven mindset, transforming



mundane tasks into opportunities for growth and expression.

Additionally, the significance of accountability plays a role in the alignment process. The authors advocate for seeking supportive relationships that encourage individuals to pursue their purpose. Surrounding oneself with a community of like-minded people fosters an environment where accountability thrives, creating a network of support that celebrates progress and encourages perseverance. According to Roberts, sharing goals and aspirations will often open doors to resources, mentorship, and inspiration.

Moreover, aligning purpose with action requires flexibility and adaptability. Life is inherently dynamic, and as circumstances change, so too might one's understanding of their purpose. The authors encourage readers to remain open to new experiences and insights that can shape their direction. This adaptability does not compromise one's integrity but rather enhances it by allowing for growth and learning in the journey.

In essence, the alignment of purpose and action is a continuous process that involves being present with oneself and one's journey. It is about taking daily steps, no matter how small, that reflect one's core values and aspirations. Touré Roberts reminds us that true fulfillment comes when one's external actions mirror their internal beliefs, creating harmony not only within oneself but also in relationships and communities. This alignment is

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the key to achieving a balanced life, where each decision and action radiates authenticity and fuels a deeper sense of purpose.

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6. The Power of Mindfulness and Presence

In "Balance," the authors highlight the crucial role of mindfulness and presence in our journey toward achieving inner equilibrium. Mindfulness is not merely a passing trend; it is a transformative practice that empowers individuals to fully engage with their thoughts, emotions, and surroundings. Through mindfulness, we learn to cultivate an acute awareness of the present moment, embracing it without judgment. This shift in perspective allows us to observe our patterns, anxieties, and behaviors with clarity, enabling us to respond rather than react to life's challenges.

The practice of mindfulness encourages us to slow down the frenetic pace of modern life. In our fast-paced world, where distractions are abundant, we often find ourselves caught in a whirlwind of obligations and expectations. Mindfulness teaches us the importance of pausing—whether for a minute of deep breathing, a quiet walk in nature, or a moment of reflection. By incorporating these practices into our daily routines, we ground ourselves in the present, paving the way for greater awareness and appreciation of our experiences.

Furthermore, the authors emphasize that presence is what connects us to our authentic selves and our surroundings. When we are present, we engage more meaningfully with the world around us, enhancing our relationships and interactions. This presence serves as a powerful antidote to anxiety and

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stress; instead of worrying about the future or ruminating over the past, we arouse the power of being in the here and now. In this space, we can find peace, clarity, and wisdom.

The text also underscores the importance of being mindful in our actions. Conscious decision-making aligned with our values and goals helps create a life that reflects our true selves. The authors encourage readers to examine their daily habits and choices through the lens of mindfulness—not just in major life decisions, but also in the seemingly mundane moments. Each choice, no matter how small, can either contribute to or detract from our sense of balance.

Ultimately, cultivating mindfulness and presence is a journey that fosters resilience, compassion, and fulfillment. By embracing these practices, we not only enhance our own well-being but also positively impact those around us. When we demonstrate presence in our interactions, we model the importance of being fully engaged, inspiring others to join us in this powerful practice. This mindful approach to life is the foundation upon which true inner balance is built, allowing us to navigate our experiences with grace and intention.

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7. Creating Lasting Change Through Intentional Living

Creating lasting change through intentional living is a central theme in "Balance" by Touré Roberts. This concept goes beyond mere goal-setting or transient motivations; it underscores a deliberate choice to engage with life authentically and to shape one's existence purposefully.

Intentional living signifies taking ownership of every facet of life, from daily routines to overarching life goals. It calls for awareness of one's values and beliefs, as well as a commitment to align actions with those true beliefs. The authors emphasize that this alignment is crucial, as it not only fosters a sense of fulfillment but also enhances overall well-being. It requires individuals to be honest about what they desire and to seek clarity on their true priorities.

To cultivate this intentional approach, the authors advocate for setting definitive intentions. This involves reflecting on what one hopes to achieve not just in the short term, but how those aspirations contribute to a larger life purpose. Setting intentions acts like a compass, guiding decisions and actions, ensuring they lead to growth and transformation rather than stagnation.

The journey towards intentional living is undoubtedly challenging. It requires an ongoing commitment to self-awareness and self-reflection. The

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authors suggest practices like journaling and mindfulness to track progress and adapt intentions as necessary. This process allows individuals to notice patterns in their behavior and reactions, adjusting them when they diverge from their core values.

Moreover, intentional living hinges on resilience. Life's challenges can derail even the most well-laid plans, but by fostering resilience, individuals can transform setbacks into setup for growth. The authors encourage readers to view obstacles not as hindrances but as opportunities to deepen their commitment to their intentions.

Community also plays a vital role in this transformative journey.

Surrounding oneself with like-minded individuals who support and encourage one's goals can amplify the impact of intentional living. By sharing experiences and insights, community members reinforce each other's determination and provide valuable accountability.

Ultimately, creating lasting change through intentional living is about embracing the power of choice. Each decision, no matter how small, contributes to the larger tapestry of one's life. Roberts and Jakes Roberts propose that by choosing intentionality, we take active control, steering our lives toward our deepest desires and dreams. In this way, we can cultivate a life of purpose, presence, and balance, allowing us to experience the richness

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that comes from a life truly lived.

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5 Key Quotes of Balance

1. "Balance is not just about finding equilibrium in our lives; it's about embracing the chaos and using it to fuel our growth."
2. "In a world that constantly demands more from us, finding our own sense of balance is a revolutionary act of self-care and resilience."
3. "When we align our actions with our values, we create a harmony that allows us to be authentic in every aspect of our lives."
4. "True balance comes from understanding that every season of life has its purpose and learning to dance with those rhythms."
5. "Embracing our various roles and responsibilities leads not to fragmentation but to a richer tapestry of existence."





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