

## Tip Sheet, February 2006

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### Feeling Unbalanced? Tips to Center Your Life

*Author Refutes Balanced Life, Proposes Centered Life as Realistic Alternative*

Jack Fortin, author of “The Centered Life,” (Augsburg Fortress Publishers, \$9.99, available at [www.centeredlife.org](http://www.centeredlife.org)) refutes the idea proposed by Stephen Covey and others that we can live balanced lives in today’s rapidly changing, fragmented world. “The idea of a balanced life is a myth,” says Fortin. “Elements of our lives rarely stay in balance. That leads to frustration and self absorption.”

According to Fortin, who is executive director of the Center for Lifelong Learning at Luther Seminary in St. Paul, Minn., and leads the seminary’s ecumenical Centered Life® initiative, the answer to overcoming a life that feels fragmented, isolated and overwhelming is not about living a different life, it is about living life differently. Fortin proposes that living out your calling in life is the key to living a centered life that draws together all aspects of your life, including faith in God, family and work. It is a lifelong process, but here are four questions to begin:

1. What are you passionate about? (God is already at work through our gifts and talents.)
2. How do you see God working in the world?
3. Do you see places where what God is doing converges with your gifts and talents?
4. Do you have a community of faith that will nurture and support you as you explore what it means to live a centered life?

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