**Weekly Email 17**

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June 22nd, 2013

1. What does the concept of balanced life mean?

To me, the concept of balanced life means that your life is structured in such a way that everything is organized, and there aren’t many life-changing events that occur because your life is setup just right with a regular routine every day. I don’t know if this matches other peoples concept of balanced life, but it is my impression.

1. How and why do you plan to achieve balance in your life?

I plan on achieving balance in my life by organizing my daily life into something that at least vaguely resembles a routine. I think that we, as humans, try to achieve balance because we do not like constant upheaval, and we prefer the regular, even if our regular is constant adventure. At any rate, I strive to achieve balance in my life because it makes future events in my life easier to predict. Again, I’m not sure if these are the answers you are looking for, because I’m not sure that my concept of balanced life necessarily matches others.

1. Is this quest for balance universal?

I think that, as humans, we all want balance on some level. Whether or not that level means regular daily routines, or at least monthly routines, or adventure, I think that we all want balance. We don’t want to make our life’s solely focused on one thing and one thing alone, unless that thing happens to be survival because we are dropped into a hostile situation.