

# The CABRAL CONCEPT

By Dr. Stephen Cabral



# #1886

## MM: The Argument Against Being Balanced in Life

**CHANGE YOUR BODY. CHANGE YOUR LIFE.**

We're always being told to maintain balance in all aspects of our life, but what if that recommendation is wrong?

What if being balanced is actually holding us back from achieving our biggest goals in life?

Could it be that becoming unbalanced on purpose (at least for a temporary period of time) may lead to the life we're looking for?

Tune into today's #CabralConcept 1886 to understand the argument against being balanced in life - Enjoy the show and let me know what you thought in the comments below!

## EPISODE TAKEAWAYS

# 1

### Set Big Goals

Life is just way more fun when you set goals that are so big you have no idea how you're going to achieve them.

# 2

### Become Unbalanced

For a short period of time you may need to go all-in in one direction in your life in order to get the momentum swinging in your favor towards your goal.

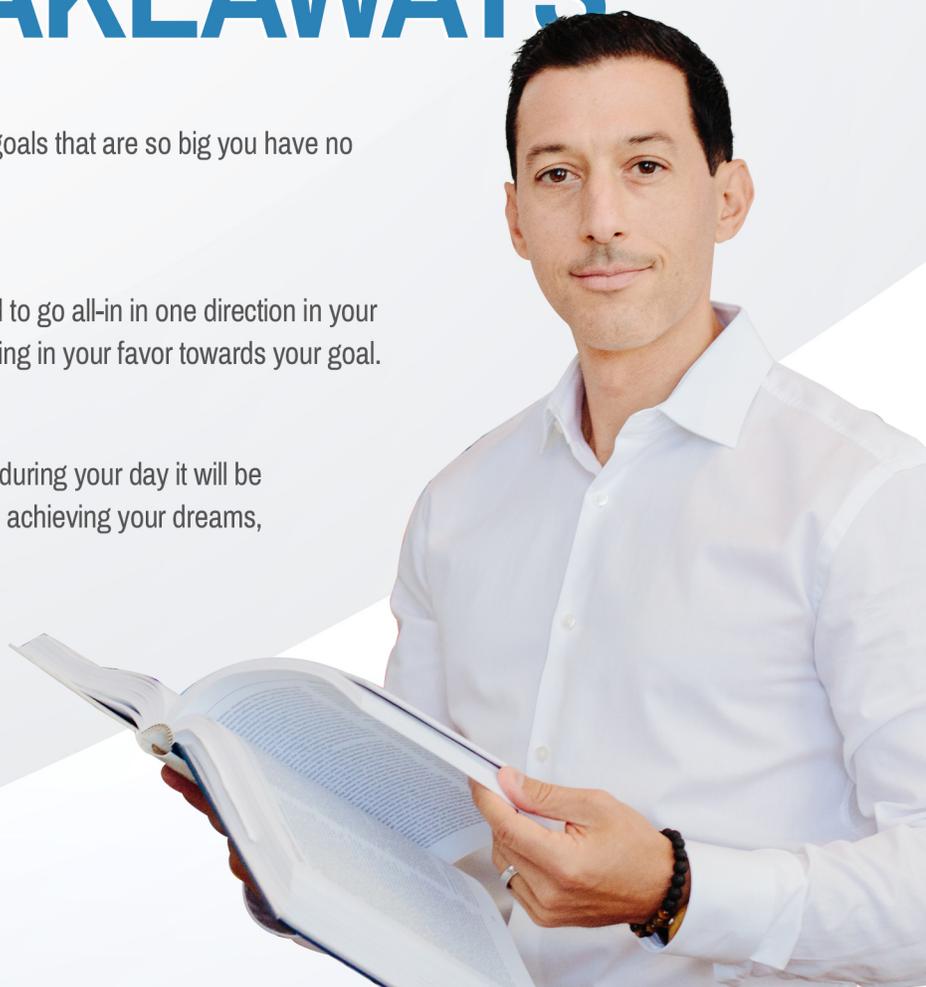
# 3

### Carve Out Time

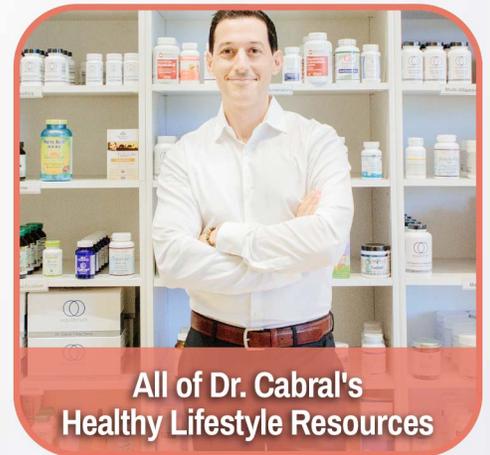
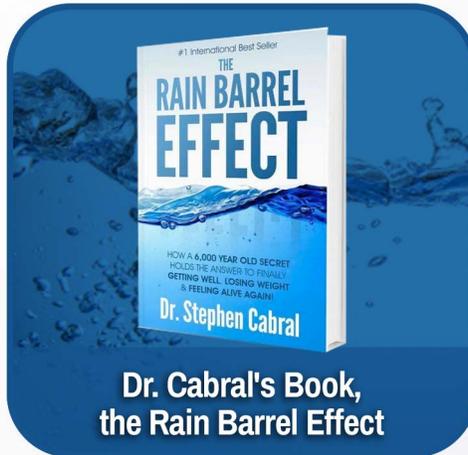
Without dedicating certain time-periods during your day it will be difficult to stay on track consistently with achieving your dreams, hopes, and desires.

## RESOURCES

- Podcast on How to Be Extra Ordinary
- Podcast on The 6 Hours in Your Day



# DR. CABRAL'S MOST POPULAR RESOURCES



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