

# Off Balance On Purpose

*Embrace Uncertainty and Create a Life You Love*  
By Dan Thurmon

## **Special Report**

This report highlights key content and concepts from Dan Thurmon's latest release, *Off Balance On Purpose* (Greenleaf Book Group Press). Additional information about Dan Thurmon and this book is available at these websites:

[www.offbalanceonpurpose.com](http://www.offbalanceonpurpose.com)  
[www.danthurmon.com](http://www.danthurmon.com)

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## Overview

Every day, we are inundated with messages about the importance of finding “balance” in our lives. How does this make us feel? Overwhelmed, out of touch, and unfulfilled. The problem isn't us—it's the message. Perfect balance is unachievable and, upon closer inspection, undesirable. The perpetual quest for balance ends up limiting growth, progress, and the quality of life.

In *Off Balance On Purpose*, Dan Thurmon frees you from the “balance” dilemma and empowers you to adopt a new approach to creating a happy, fulfilling life: embrace reality, get aligned with your purpose, lean forward, and initiate positive changes. These steps will give you the knowledge, strength, and motivation to:

- Accept and take advantage of the contradictions in your daily life.
- Integrate the five vital areas of life—work, relationships, health, spiritual growth, and personal interests—into a workable, fluid, sustaining pattern.
- Adopt a practical, concrete process for orchestrating changes and staying aligned with your purpose.

With an engaging style and a storyteller's gift, Thurmon combines profound insight, humor, compassion, and practical examples to offer you a realistic path towards a rich and rewarding life.

## Part One: Embracing Contradictions

In the first of three parts of this book, Thurmon presents a compliment of seemingly contradictory ideas. Then, in each instance, he reveals the truth behind the counter-intuitive concepts, as well as the practical necessity of incorporating these ideas into one's personal philosophy. In doing so, the reader gains a new perspective about uncertainty, as well as the beginnings of an action plan to affect one's circumstances for the better. The five contradictions are:

### **1. You Will Never Achieve Balance—And Shouldn't Want To**

In the opening chapter, Thurmon makes the case that pursuing “perfect balance” is a pointless objective, and that only by off-balance living do we grow, achieve significance, and enjoy happiness. Instead of “balance,” he makes that case that we should initiate action on our terms and foster a sense of alignment with purpose.

## **2. You Must Let Go to Get a Grip**

Control is merely an illusion, and the quest for control can become a paralyzing, frustrating endeavor. To provide direction to life events, to “get a grip,” we may need to let go of certain, out of control, elements, including:

- The need to control everything
- Projects that really don’t matter
- Behaviors that limit potential and restrict growth
- Negative emotions
- The need to do it all yourself
- Things you can’t influence at this moment

## **3. Not Enough Time is Not the Problem**

We have a co-dependent relationship with the concept of time. We often use the limitation of time as an excuse, rather than using the time we have as a tool to make positive progress. In this chapter, Thurmon shares strategies for effectively expanding available moments, investing the time you have, and timing your best efforts for the moments that matter most. He says, “effective time management is less about squeezing hours and more about seizing moments.”

## **4. The Gift of the Grind**

In this chapter, the reader is persuaded (or reminded) that what we view as challenging circumstances, severe struggles, and daily grinds are, in truth, gifts that stretch our capacity, sharpen our skills, and clarify a sense of purpose. Thurmon proves his point through illustrations, examples, and supporting research.

## **5. You’ll Never Reach Your Full Potential—It is Infinite**

In the final chapter of Part One, Thurmon argues that—when in alignment with one’s purpose—there is no such thing as “maximum potential.” As long as we are living and capable of thought and action, there is always the possibility to *expand toward our infinite potential* in four powerful ways:

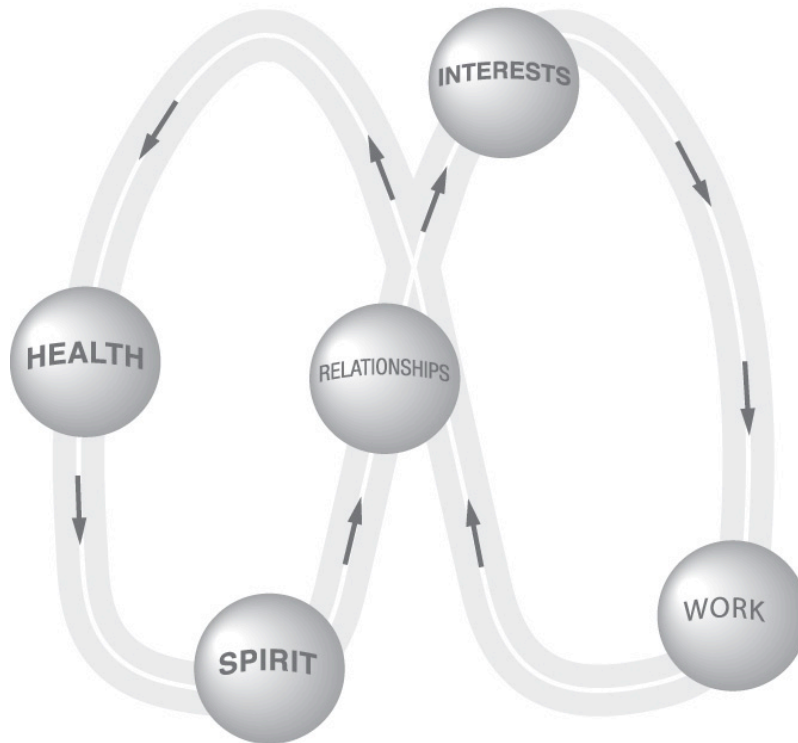
- You have an infinite capacity to learn
- You have an infinite capacity to love
- You have an infinite capacity to create
- You have an infinite capacity to achieve

# **Part Two: Your Life Pattern**

In Part Two of *Off Balance On Purpose*, Thurmon presents an innovative model for integrating the important aspects of one’s life. Instead of a “balanced” approach, which instructs us to segment or compartmentalize different areas of life, such as

“work,” “family,” and the like, Thurmon teaches an interconnected “pattern” for living, containing **five spheres of influence**. They are:

- **Work**—Professional pursuits and commitments
- **Relationships**—Family, friends and associates
- **Health**—Physical and mental fitness and well being
- **Spiritual Growth**—Seeking connection with a higher power
- **Personal Interests**—Activities, areas of education, and involvement

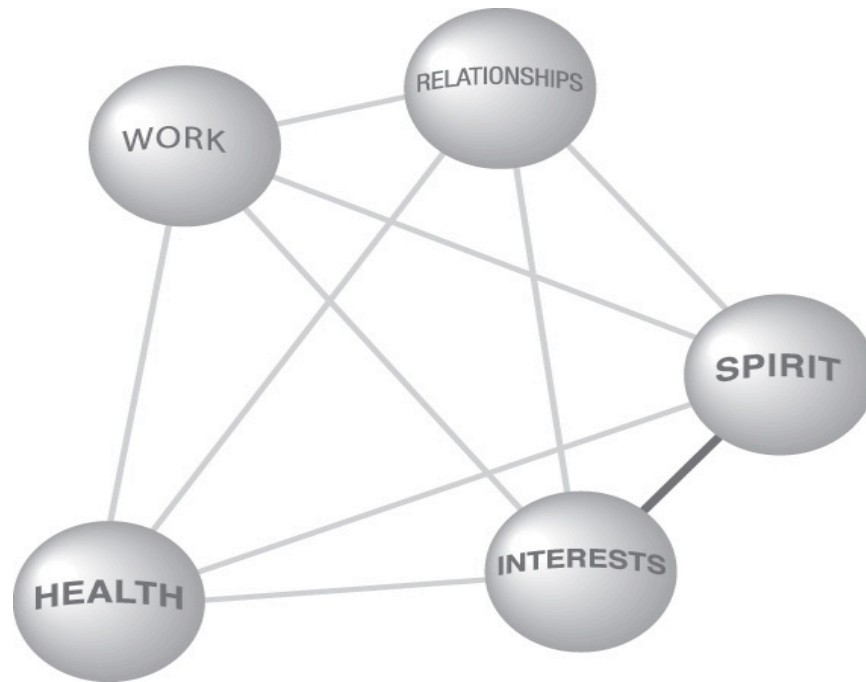


The arrows represent the flow of these spheres in relationship with one another. This pattern, traced as an infinity sign serves as a metaphor for the infinite ways one can engage life to affect motion, progress, and growth in each of the five areas. The pattern is fueled by our choices and application of time, energy, and money.

## The Ten Lifelines

Thurmon maintains that the objective we should focus on in order to bring about a sense of personal fulfillment and personify the *Off Balance On Purpose* lifestyle is to integrate, not separate these five areas, or spheres. To do so, he suggests that we place our focus upon the connections between the spheres, which he calls “lifelines.” There are ten such reciprocal lifelines. They are:

1. Work ↔ Relationships
2. Work ↔ Health
3. Work ↔ Spiritual Growth
4. Work ↔ Personal Interests
5. Relationships ↔ Health
6. Relationships ↔ Spiritual Growth
7. Relationships ↔ Personal Interests
8. Health ↔ Spiritual Growth
9. Health ↔ Personal Interests
10. Spiritual Growth ↔ Personal Interests



**The ten lifelines, representing a fully integrated life pattern**

In the remaining chapters of Part Two, Thurmon shows us how to strengthen these lifelines in order to engage the power of a well-integrated life pattern. He offers many practical suggestions, as well as illustrative examples.

Thurmon also shows the reader how to avoid “collisions” between the spheres, as well as how to recover more speedily from instances when the pattern does suffer detrimental impact. Finally, he teaches a process for making “supercharged choices.” This allows the reader to approach transitions and pivotal life decisions with added confidence that can only come from a “multi-dimensional,” pattern-oriented perspective.

### **Part Three: The OBOP Process of Self-Expansion**

In the third and final section of *Off Balance On Purpose*, Thurmon teaches a process that allows the reader to implement changes, pursue growth opportunities, and

move through life transitions with greater purpose and propulsion. This is called the OBOP (Off Balance On Purpose) Process of Self-Expansion.

With a full chapter devoted to each step of the process, the reader learns how to apply this model to both life-altering “big picture” scenarios, as well as day-to-day encounters. The five steps (and five chapters) of Part Three are:

**1. Own Your Reality**

You can only begin from where you are. This chapter helps the reader see their present circumstances with complete clarity and honesty. Then, Thurmon shows us how to evaluate options and capabilities, establish reference standards, and formulate clear principles to guide action.

**2. Seek Your Purpose**

With an unambiguous, honest assessment of reality, the next step is to clarify one’s purpose, relative to the situation at hand. Thurmon guides the reader to uncover desired outcomes and motivations and harness the power that comes from a compelling sense of purpose.

**3. Lean Forward (and make yourself uncomfortable)**

With purpose in mind, the next step is to initiate action, taking deliberate steps towards a desired outcome. Suggestions offered in this chapter enable the reader to increase a sense of commitment and accountability and generate initial momentum in the right direction.

**4. Leverage Your Resources**

The goal of this step (and of this chapter) is to be able not simply to *use* one’s resources, but to *leverage*, or obtain the best use, of them. The application of proper leverage can help shorten time frames, accelerate progress, and insure the greatest likelihood of success.

**5. Follow Through**

With an important undertaking, the final stages will often be the most complex and challenging. This chapter focuses on the importance of sustaining commitment and forward progress. Thurmon offers several useful suggestions to stay connected to one’s purpose and continue moving, ultimately attaining the desired result or transformation.

## **In Conclusion**

*Off Balance On Purpose* is a comprehensive, useful, inspirational reference that not only presents an intriguing philosophy for life, but also provides a well conceived and executed model for action and implementation.

[www.offbalanceonpurpose.com](http://www.offbalanceonpurpose.com)