

Maximise the Moment - by L.B Saaiman

Step 1:
Life Balance Synthesis Model

Step 10: Believe in something
bigger than you

Step 2: Lee's Hierarchy
of Physical Needs

Step 3: Thoughts
Step 4: Senses

Step 9: The Power of
Music and Melody



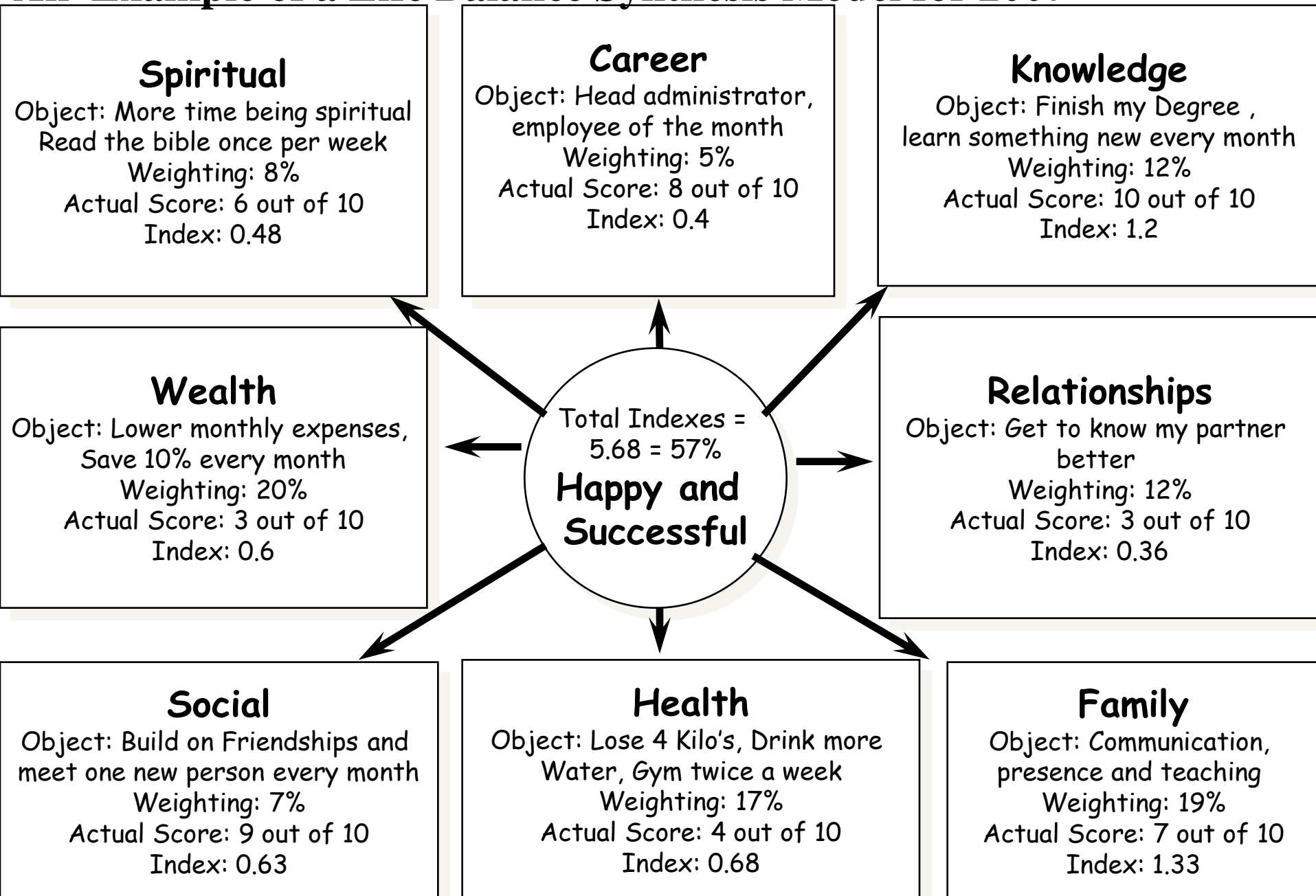
Step 5: Vocabulary

Step 8: Men, Money and Women

Step 7: Cycles

Step 6: Find Something to do

An Example of a Life Balance Synthesis Model for 2007



Life Balance Synthesis Model for:

