

Two-Minute Daily Soul Soothe: Finding Calm & Clarity
Amidst Life's Chaos for the Anxious, Heartbroken,
Lost, and Stressed Souls.

The

Little

► **balance.**

Human

Handbook.

Volume One.

From the author of, *Chronicles of a Corporate Hippy*.
"When change or die were the only options."

Tim McMahon



Reviews:

“...dipped into it on a daily basis and when I felt like it - then the magic happened. I got just what I needed for right now! Your writing is fresh, quirky, sincere and feels authentic...”

Jaz G, England.

“...written from the heart, as usual, with sincerity, rawness, and everyday language that we can all understand...”

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“...great life lessons written in an easy to digest format. Puts life in perspective beautifully, and I can think of several people I want to gift this to...”

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“...Awesome, easy to read and great reminders when we might be feeling a little lost...”

Mary H, Australia.

“...straight to the point, no stuffing around kind of handbook. Its wittiness is relatable and the quotes are mantra worthy...”

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Join the movement!

Corporate Hippy

R-evolution

‘Sharing Life Lessons Learned’

Awareness | Balance | Empowerment

The Mission

“Influence and ‘empower’ people, executives and corporations in making ‘balanced’ choices with ‘awareness’ for an improved and sustainable life experience, for all individuals.”

Facebook Group: [Corporate Hippy R-evolution](#)

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***“I don’t KNOW what I don’t know
and that’s ok, because I am here to
LEARN some lessons to SHARE
with others so, we all GROW!”***

Tim McMahon.

**25% of author's profits are donated to
grassroots charities**

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INTRODUCTION

MY WHY?

“I may have something in me that would be of value, maybe not just to me.”

Maya Angelou

I have been both fortunate and unfortunate enough to experience so many life situations, whether good, bad or neutral. The best thing was that I had endless amounts of help, information and people to assist me in the challenging and confusing times.

However, a lot of the time I did find it baffling to decode the information, theories and tools so that they might assist me in a practical way. Paying forward the lessons learnt by sharing with others honors my experiences. It makes the lessons even more worthwhile, and gives my life a sense of meaning.

Therefore, sharing these learnings and knowledge from over 25 years of experience in corporate, travel, different cultures, self-development and spiritual-hippy stuff (mental health) is my number one mission.

B A L A N C E

Balance

*“The art of **MANAGING** our thoughts, feelings and reactions in obtaining our **DESIRES**, needs and wants.”*

Tim McMahon.

A Brief Overview of Balance

Balance definition: An even distribution of weight enabling someone or something to remain upright and steady... and a condition in which different elements are equal or in the correct proportions. (Oxford Dictionary)

We know life can be a roller coaster ride of ups and downs as we push forward in managing our lives in the best possible ways. When we become out of balance it can have a knock-on effect causing us to lose sight of who we are and what the hell we are doing and why.

Firstly, having some knowledge of why we do, think, feel and behave in the ways we do, can bring balance to our lives. We can use this knowledge to understand how we can obtain further balance in our lives from the relationships we have with ourselves, others, careers, lovers and or money.

One of the keys to balance is the practice of acceptance of 'what is', it's a practice that involves being vulnerable with self first. It's not being 'weak' to be vulnerable, it's a place we find within ourselves that lets us know this or that event, situation or just who we are is what it is and that's ok. You could call it ground zero or a core foundation of our emotional state and it's the place to start from when building balance in our lives.

Balance is not to be found, it's to be learned and practiced through trial and error. Balancing and managing our lives takes different things for different people, something that works for you may not work for others and this is ok.

Managing our lives, our emotions, and all the different situations we find ourselves in to the best of our abilities, come down to a few factors. Knowing we can take control and responsibility of who we are, how we feel and what we think and do. Balance is embracing the contrasts and dualities of our life experience knowing all shall pass with time when we allow it and then coming home to self wholeheartedly.

BALANCE – #1

Love and Relationships

Love is shown through actions, an old wise man once told me...
There is also a saying that love alone is not enough.

I have discovered over the years that talk is cheap. Actions are what really matter! When the shit hits the fan in any kind of relationship, whether that is a lover, friendship or family, what is shown is generally more important than what is said.

Love is not love without a degree of respect, compassion, consideration and a willingness to support and protect another's wellbeing... and not to forget acceptance.

Many behaviors can masquerade as love, but the only time it's truly love is when there is effort and at least a genuine attempt to understand self and others wholeheartedly.

It's important to show our love more, rather than just speaking it or type it! Words will merely placate, while actions will demonstrate true intent.

*“When WORDS don’t match the
ACTIONS of ourselves and others,
this may well be BULLSHIT.”*

BALANCE – #2

Healthy Boundaries

The fine art of building and sustaining healthy boundaries with self and others...

Is it possible?

It can take practice and I have always struggled with developing and maintaining my own boundaries. I wanted to balance my wellbeing and happiness with that of others around me, but it's not always that simple or easy with some.

It has been a massive learning curve to find the middle ground. Trying to put a few healthy boundaries in place later in life (with myself and with others) became somewhat an explosive experience!

The thing is that when we can perceive our own worth and value, it changes us deeply. This is where the explosive issues arise with others – in particular, those who are close to us.

“You’ve changed!”, they will say... and usually not in a complimentary way. When we change, it is a surprise to others. We have sprung out of the ‘box’ they put us in, and they can’t cope with the upgraded or healthier version of us. They no longer know how to operate or control us...

This reaction can also happen when our positive changes hold up a mirror for the other person. They may feel threatened, or intimidated or even feel scrutinized.

Knowing our own worth and value is a massive game changer in our lives. Letting others know this can go either way, dependent on the others attitude. It might lead to conflicts, and in some cases, the end of some relationships. Some will welcome the upgraded us, and others will freak out in the hope of negotiating us back to our old ways... back into our box!

***“Know your worth and value. BE
KIND, be respectful, and BE
LOVING... But take no shit
from anyone!”***

BALANCE – #3

The Head Hostages

Getting what we want is simple, but we don't always find it easy. Even when we know what we want, we don't always get it... and we don't always know why.

Our list of wants might look something like this:

Get a new job or career
Get a pay rise
Find time to exercise
Lose 5kgs
Meet a partner
Take a Holiday
Finish that course
Learn something new
Read a Book

The Head-Hostages: our inner voices that tell us, I don't feel like it, I can't do this or that, I'm not ready or I am far too busy and will do it tomorrow. Then we wake up one day on our deathbed, and we feel like we have missed out on what we really wanted to have and experience in our lives.

We don't have to listen to our head-hostages! It's OK to witness those discouraging thoughts, but don't believe them. When we have an idea and want to do something, just do it!
We can have it all and maintain our balance.

Why not make a commitment to at least trying for the next 8 days?
You might be surprised by the results!

As children, we had our parents to guide us to do things we did not feel like doing or thought we could not do: homework, cleaning our rooms, riding a bike, learning a new skill, waking up, going to school and university.

WE DID IT!

**Now that we are adults, maybe it's time we 'parented'
ourselves, kindly for great success!**

***“COMFORT zones are for comfort;
ACTION zones are for getting shit
done! It’s up to us to make it
happen step-by-step.”***

BALANCE – #4

Stop It!

We all have challenging times and we can sometimes get stuck in our heads with negative, worrying and stressful thoughts right. Relationships, career, family, health, wealth, poor me and we know that list goes on and on.

What if we focused on a solution and put that negative energy into coming up with better outcomes, instead of complaining about situations, events and or others...

We all know of a person (I have been this person) that complains about the same thing for weeks, months and sometimes years. Every time we see them it's the same old story of how bad things are and how they are feeling shit, which is totally fine to share when a solution is also up for discussion.

If not and it's been going on for months or years, then it would appear this person is gaining something from their complaining, and the listener is merely feeding it.

Two simple questions to ask ourselves and the complainer;

- 1. What are we getting out of complaining?**
- 2. What can we do to fix it?**

I have found that some people are addicted to the complaining, it simply feeds the victim and poor me mindset. As a friend, family member, colleague or partner, I believe it's important for us all to

STOP IT!

Let's support each other and create 'practical solutions' to our challenges, so we can all have a happy and balanced life experience together!

*“We can support each other in
creating **PRACTICAL**
SOLUTIONS to our challenges or
all stay struck complaining and
playing the victim.”*

BALANCE – #5

The Social Echo Chamber

What the hell is it?

The Social Echo Chamber that we choose to live in, be that conscious, or unconscious is basically a social or social media bubble of people thinking the same things and agreeing with each other regardless of other relevant information. That could be facts, evidence and basic logic.

It sounds great right! The danger is we can close our minds and become insulated from other, points of view. We are fixated on ‘we’re right because everyone around us thinks so’. This shit starts wars and massive sufferings for the non-believers and alternative thinkers.

– Cue history!

The other danger is that if we won’t learn anything new, we will miss out on life improving knowledge, the beauty of differences of the human experience and personal growth.

What if we listened deeply with an open mind and heart to those that we may feel are wrong or different? Is it so bad that someone doesn’t see things the same way as we do?

We would gain a deeper understanding of different views, beliefs, cultures, etc. We would learn more, experience life in it’s diversities more deeply. We would all grow together! Crazy shit, right? Let’s focus less on being right, and more on understanding the differences in others.

Now that’s a worthy kind of ‘creative’ Social Echo Chamber.

*“When we’re opened to
LISTENING, there are many
LESSONS within every person
WORTHY of being heard!”*

BALANCE – #6

Communicational Balance

Finding balance within in our relationships, be it professional or private, can be tricky!

Communication is one of the biggest challenges people face in relationships today. There are two completely different people trying to express themselves, and understanding one another at the best of times can be difficult.

This may simply be down to the mood we are in, a different frame of reference, language, or cultural understanding.

What is important is listening to each other. Not hearing, but listening. There is a difference.

The combination of listening to the other and confirming that we have done so by responding to their points is super important. This works both ways, of course. The other is required to listen carefully and acknowledge in some way that they have understood us.

It's a two-way street of allowing room for the communicational traffic to flow freely and confirming 'if needed' by repeating back to the other what is being communicated.

Listen to be heard!

***“COMMUNICATING is a bit like
having sex with your lover. You
don’t have sex ‘on’ them, you
have sex WITH THEM!”***

BALANCE – #7

The Fine Art of Being Ourselves

Who would have thought that it's a fine art to master, this 'being ourselves' thing! So many of us are busy trying to be someone they are not, for the benefit of someone else. What's the point in trying to be someone that you 'think' someone else wants you to be?

I have played this game for years, trying to fit in and be accepted by certain people... only to become unhappy, worried and stressed. We all want to be loved, accepted and feel like part of a community. We want to fit in at the same time as fulfilling our needs and desires, right?

I was recently asked, "Who do you think you are?" while co-hosting a writers meeting in Thailand. The first emotion that popped up was fear! Fear of what I thought others would think of me. I wondered if my answer would be acceptable to those who were present.

At the time, I was thinking, *how the hell do I answer that from the 'heart', with no bullshit?*

What dribbled out of my mouth was much to my own surprise. "I am whoever you think I am," I said. No sooner were the words out than the realization set in: we are to others whatever they think we are!

What others think of us is not important in most cases, and it's none of our business! We have a million reputations out there, dependent on other people's standards. How can we manage all of those? We can neither truly know nor control what others think of us...

**Focusing on who we are, live it and embrace it as we are,
regardless of what others may think is where our true
balance and power lies.**

Just Be You!

“BEING who we are regardless of what we think others may think of us, is where our true BALANCE and power lays!”

BALANCE – #8

Negative Thought Patterns

The useless thoughts that consume us.

In general, we will have several negative thought patterns rattling around our head like a crazed monkey on a bike... complete with a really fucking annoying bell dingling away, stressing us out and making us feel like shit. Yet we are creating these thoughts!

1. I am not good enough
2. I am too fat or thin
3. I am a not attractive
4. I don't fit in
5. I will never get my career
6. I don't have enough money
7. I will never find the right girl or guy
8. Why do bad things always happen to me

These thoughts are like never-ending stories.

What if we kick that negative rhetoric to the curb, focusing on thoughts that serve us well instead? Thoughts that are uplifting, practical and proactive? Thoughts that inspire us to feel great, enough, wanted, loved and connected?

We are not our thoughts, and they are not reality. We are the creator and the witness to them, so we have the power over their quality. We can at least choose what to dismiss and set new 'thought habits' over time. Be a witness, not a contestant or consumer!

What are your top 8 negative thoughts that you know you need to boot?

“Our negative THOUGHTS are our own creation. They can consume us! Or we can choose to be a WITNESS of them... What serves you best?”

BALANCE – #9

Dealing With Negativity

You know those times when you feel overwhelmed with life, people, work, money and family? You suddenly find yourself dealing with a negativity overload. It's easy to spiral into drama and usher in a stressed-out state!

What if we just accepted the life event or situation for what it is, dust the bullshit off it and find or focus on the 'positive learnings' within it all?

We can choose to buy into this drama. It's a story we are narrating to ourselves. What is 'right', 'wrong', what people 'should' or 'shouldn't' do... will all of this matter to you when you are 88? If the answer is no, it shouldn't matter so much to you now either.

Two important questions:

1. What were the lessons learned?
2. What practical solution will you create for dealing with this negative drama today?

*“Looking for the **LESSONS** within
the drama is where the uplifting
lessons are **LEARNED!**”*

BALANCE – #10

No More Pushing

Are we pushing too hard in our lives to meet our needs and desires?

Choosing the path of least resistance within the human experience is a tricky thing when we're trying to attain balance in managing our day-to-day responsibilities.

We are filled with wants, needs and desires... such as being enough, having enough and hoping for more. We wish to reach a destination of true happiness in our lives, but it often seems to be waiting somewhere in the future.

One thing that I have learned - and continue to learn daily when aware – is that life works out better when I'm focusing on what I need and desire rather than what I *don't* need or desire.

The more you focus on lack, the universal feedback loop will give you more reasons to feel lack. Pushing too hard is akin to saying, "I'm not happy with that I have. Something is missing and I desperately need to change that." All you'll get is more of 'something is missing'.

However, one thing that I am often reminded of is that it is important to want what I have right now and acknowledge it, before heading off to obtain more. Wanting what we have in this moment is the foundation for understanding what we have created in our current situation. This includes what may or may not be missing.

What does your path of least resistance look like?

***“OUR wants, needs and DESIRES
are like farts. When we push too
hard it may turn out to be shit.”***

BALANCE – #11

The Sugarcoated Bullshit Epidemic

Sugarcoating bullshit is the same as covering up uncomfortable truths in an effort to feel good.

What if we all ran out of that sugary coating...

We have all seen the sugarcoated bullshit coming from others; we may do it from time to time ourselves, in an attempt to keep the peace, look and feel good about ourselves, and impress those around us.

We see it throughout society, religions, politics, education systems and of course the corporate and hippy worlds. Imagine racism, sexism, judgement, capitalism and our societies in general, minus the sugarcoating... the world would look and feel like a very different place!

Finding balance by being authentic can be a minefield of misunderstandings, which can lead to conflicts. However, if we are not addressing the 'elephant in the room', how the hell can we move forward?

With less 'sugar coating' the truth and more authenticity combined with compassion, just imagine the progress that could be achieved for all involved...

*“With less ‘sugar coating’ of the
bullshit in our lives and the world
around us, we can find more
BALANCE through the
PRACTICE of being authentically
compassionate to all!”*

BALANCE – #12

Living in the Moment

So many of us live our lives stuck in our heads, residing in the past or the future... we are literally living in our heads, in an imaginary world we have created.

These worlds keep us from being grounded in the moment, being connected to our life force.
All we have is this very moment... the right now!

When we realize that life can change at any moment, many aspects of life can improve. That applies to our careers, our health, our wealth, and more importantly the connection we have with our loved ones.

To bring ourselves into the present moment is to understand that our loved ones can be gone in the next second, minute, week, month or year. This realization promotes genuine appreciation right now.

The understanding that nothing is permanent in this world makes the present moment so much richer!

LIVE NOW!

*“Nothing is permanent in this world. We can LIVE in our heads, or we can live in this very moment **WHOLEHEARTEDLY!**”*

BALANCE – #13

You Deserve the Best

In the past, have you settled for less than what you truly desired... right?

Sometimes we feel as though we are not enough, we don't fit in and we may never achieve our desires and dreams in life.

If we think and feel this to be true, then it is! However, with a little practice and remembering that we deserve the best, we can change this. You want the best for your loved ones, so why should you be any different? Each and every one of us can reach for the stars to fulfill our dreams and desires!

What are the top five thoughts that prevent you from achieving your dreams?

1. I am fearful of 'what ifs'
2. I feel that I am not enough
3. I am feel confused
4. I can't do this or that
5. I feel trapped
6. I am overwhelmed
7. I don't have the time
8. I feel lost in this crazy world

These are common thoughts, but should you really believe in them? See them for what they are: limiting beliefs that serve nobody. They're just a habit to be kicked.

When it is necessary, never be scared to ask for help and support, even if this feels difficult. If we are not afraid to ask, we have a much better chance of receiving what we have always dreamed of.

If you don't ask, you don't get, right?

Most people are happy to lend a hand to another if it's within their ability. It feels good to help someone out and it can benefit everyone. The more we receive, the more we feel equipped to help and support others. Never be shy about offering help and support where you can... this brings balance to you, others and the world around us!

*“Never be scared to ask for help and
SUPPORT, because by asking, we
may well receive what we have
always DESIRED and
dreamed of.”*

BALANCE – #14

Building Empires

Relationships of all kinds can be amazing. When they're working well, they're filled with positive emotions, security and support.

Then there is the abusive kind... filled with jealousy, spite and betrayal... they are unbalanced in terms of who is giving and who is taking. Love is a currency and when this currency is not flowing in a balanced way, one ends up exhausted and feeling worthless.

What I have found over the years is that the foundation of a healthy and productive relationship comes down to a few key understandings:

1. It must be a balanced 'partnership' of give and take between two people.
2. Two hearts and two minds aiming for what is mutually beneficial.
3. A strong commitment and an attitude that says, "Whatever it takes, I've got your back."

Both parties are 'in' fully; nobody has one eye on the exit.

**When establishing and developing partnerships in love,
business or friendships, we can go forth and create our empires!**

Which of your current 'partnerships' are truly satisfying?

*“Forgot about relationships, let’s
create **PARTNERSHIPS** and
building fucking
EMPIRES!”*

BALANCE – #15

Understanding or Judgment

Is the world a friendly place?

The answer to that depends on us, our inner thoughts, and how we truly feel... it's our energy, vibration and what we tune into.

Whether you choose to come from a place of compassion and understanding, or a place of criticism and judgment, you will find that world waiting for you. For example, if you think and feel that people can't be trusted, the universe will show you that!

Visiting over seventy countries I found friendly, loving and peaceful people everywhere... it's what I wanted to experience and it's what I consciously tuned into.

I have also found that when I think and feel critical and or judgmental of others they tend to be very unfriendly or hostile, rather than loving and caring... just another lesson learned the hard way!

We all experience our lives in different ways, but one thing we all have in common is that we get more of what we focus on.

It's more a case of 'you'll see it when you believe it', than 'you'll believe it when you see it'.

What are you focusing on?

*“We get what we **THINK** about,
and we find what we **FOCUS**
our **ATTENTION** on.”*

BALANCE – #16

Blessings in Disguise

Apparent misfortunes that eventually yield positive results.

People come and go in our lives. Most offer us opportunities to learn, grow and open our minds up a little more. Some stay and share in our learnings and growth, and some leave to grow and learn with others.

I learned that the hardest and most painful of encounters are our greatest teachers. These scenarios and people hold up a mirror to our lives; they can show us what we need to give to ourselves.

When we accept this, we can let it go. We start to flow again, knowing we are growing, expanding and evolving into greater beings. That is where we can find love, peace, joy and clarity!

Allowing ourselves to emerge from our past darkness is a massive opportunity to step firmly into our light... our true being! It all boils down to living our lives authentically and with passion, regardless of external events, situations or people.

The negative, nasty and dishonest people we meet are a 'blessing in disguise' that guide us to our divine desires. It may not seem easy, but we have reason to be truly thankful to them for showing us what we needed to see.

If all they taught us was what we didn't want in this life, it was still a gift.
It was the gift of clarity.

*“The negative, nasty and dishonest people we meet are a **BLESSING** in disguise, for they guide us to greater things!”*

BALANCE – #17

Obtaining Money and Wealth

Is money merely a transfer of our energy and time?

There would seem to be an underlying reason to keep many of us ‘money poor’ and in a state of struggle through the lack of it. Meaning, the majority of our energy and time is spent obtaining money to sustain our very existence in this world.

Yet when you consider that the wealth of those on the top tiers is hardly proportionate with the efforts put in at the lower levels, the energy exchange is hardly balanced. This seems normal because we’re conditioned to be use to it.

This is just ‘how the system is’ and we have to find a way to fit into it.

Our main focus in life would seem to be for us to use most of our energy and time to obtain money, so that we can just survive here. Ironically, once we have it, we then start to worry that it is flying out of hands at warp speed. This is just another way in which we deplete our own energy.

As the old saying goes, “No money, no honey.” In Greek mythology, honey was considered one of the foods that helped people to achieve immortality. So... no honey, no life!

How much energy and time are you spending in obtaining money to the detriment of your own health, mental health, family, and wellbeing?

*“If we can view **MONEY** as a form
of **ENERGY** in our lives we can
then find **BALANCE** in how we
spend our **TIME**”*

BALANCE – #18

The Money Game

Got no money and have no idea where it all went?

Running ourselves like a business and setting a monthly budget on what we spend can be key to knowing where our money goes... it's a financial game changer!

Tracking your monthly expenses can drastically improve your understanding of your financial situation within a month. Between the rent or mortgage, utilities, phone, internet, insurance, food, coffee, movies, partying, clothes and car expenses, we may not be left with much.

You could figure out what you spend day to day with a spending diary – what do you have to lose?

Write out the following and track it daily for a month:

1. Money coming in \$ +
2. Money going \$ -
3. Money left \$?

You can do it on paper or in a spreadsheet but, No bullshitting yourself! This has to be an honest statement based on your financial facts. Once we understand how and where we spend our money we can make changes to manage the whole money in and out process.

Example: If we spend \$5 to \$10 per day on crap that is not necessary, that's \$1,825 to \$3,650 per year. What do you prefer, a pile of amassed crap or a holiday?

If we can not measure it, how the hell are we going to manage it!

*“We can take the time to **BUDGET**
and **MANAGER** our money or fool
OURSELVES into bankruptcy!”*

BALANCE – #19

Are our thoughts real?

Don't we think some crazy shit from time to time, when we are out of balance?

It's quite easy to get stuck in our heads from time to time, thinking unhelpful crap and getting upset by it. The endless repeating thought patterns created by us as a reaction to earlier life experiences and the 'made up' fears of the future.

With practice, we have the power to just be a witness to what we think... no engagement and action, just a witness to the thoughts we create within.

This is an important thing to master if we're going to have a balanced life. Next time the negative shit storm of thought happens, stop! Take an emotional step back and ask yourself whether these thoughts are helpful.

Ask yourself honestly:

1. Are these negative thoughts fact based?
2. Do they really make sense and feel logical?
3. Are these thoughts serving my greater good?

With time, we can master anything and create a more balanced now and future!

*“The worry and anxiety we create within, can be diminished when we just stop thinking! Take a step back and be a **WITNESS** to those **THOUGHTS...** They may well all be made up!”*

BALANCE – #20

We Are All Unique

We are all unique beings in our own little ways, we can hate it or we can love and embrace it.

An interesting thing happens when we step away from the common ideas about how we 'should be' living. When we start to embrace our uniqueness, it can change our lives forever.

We might lose some people, piss off others and deal with general friction in our relationships.
However, we can gain so much more.

Living in our uniqueness gives us the opportunity to understand who we are, and what we can or want to do with our lives! It assists us in attracting satisfying and deeply connected relationships with others and ourselves. It also brings us closer to our divine purpose or mission.

**Most will have an opinion on what and how we should be.
Society and culture as a whole has some solidly cemented ideas
on how we should all be behaving or acting, education,
religion, career, money and that list goes on and on.**

But, does one ideal or doctrine really fit all?

So, fuck the common and be your unique self wholeheartedly...

Enjoy it!
Love it!
and Embrace You!

There is so much more to gain from being uniquely you.

*“What we **THINK** others may think of us is none of our business. Our business is to **FOCUS** on being our **UNIQUE** selves!”*

BALANCE – #21

Emotional Fitness

Our emotional fitness determines whether or not we live a balanced and happy life within. When we are emotionally fit, we know how to manage and satisfy our needs and desires in a healthy and balanced way.

Social worth seems to be built around 3 values:

1. Image - what we look like
2. Status - what we have and how much
3. Education - what we know

Emotional fitness, i.e. how we feel and then how we process those feelings, seems to be secondary in the social hierarchy of worthiness. We spend years at the gym, dieting, consuming, educating ourselves and building our external image and status to keep up appearances. We try to 'feel' good about ourselves, yet we mostly ignore our emotional fitness – our own inner worlds of wellbeing.

The connections we have with ourselves first and then others have the largest impact on our lives. If we are unhealthy and unhappy within it, will reflect outwards regardless of our external image, status and education.

Imagine a world filled with emotionally fit and balanced people...

What's your level of emotional fitness and how important is it to you?

*“The human **EXPERIENCE** at its core is an emotional experience of **FEELINGS**, sensations and **THOUGHTS** that when understood give us **BALANCE** within.”*

QUESTION ONE

What is it that I am doing that is currently working?

1. _____

2. _____

3. _____

4. _____

5. _____

QUESTION TWO

What do I need to stop doing that is getting in the way of what I want?

1. _____

2. _____

3. _____

4. _____

5. _____

QUESTION THREE

What do I need to start doing that will empower me to move forward?

1. _____

2. _____

3. _____

4. _____

5. _____

THE END

Volume two is coming soon!

CHOICE

CHANGE

PRACTICE

**THE LITTLE,
HUMAN HANDBOOK
SERIES**

“Sometimes the smallest step in the right direction ends up being the biggest step of your life.

Tiptoe if you must, but take that damn step and enjoy it – because it might be your last!”

Tim McMahon.

MORE BOOKS

[Available in eBook or Paperback.](#)

"A deeply moving inspirational true story of hope, adventurous travel, and transformation. Family, suicide, cancer, corporate escape, and life lessons."

CHRONICLES of a CORPORATE HIPPIE

"When change or die were the only options."

Venture into the inspiring and transformational journey through this captivating and deeply moving true story that explores the uncharted depths of the human experience. It defies the norms, breaks boundaries, and in the end soothes the soul's quest for understanding, inner-peace and wholehearted fulfillment.

From the bustling streets of unseen countries to the dim corridors of his mind, witness a heart-pounding adventure filled with laughter, tears, and jaw-dropping revelations and transformations. This is a tale of self-discovery that emerges from the depths of disillusionment in corporate life and devastation in personal life, igniting a warm light of hope in the pursuit of a better life.

Chronicles of a Corporate Hippie sings a hymn of bravery, daring to deviate from the well-trodden paths. Each chapter will leave you on the edge of your seat, culminating in an overwhelming sense of peace, hope, and optimism.

"... I was completely absorbed by Tim's personal journey to find balance in his life after a series of devastation challenges rocked his world. A truly inspiring read by one special man..."

Marilyn Sadler. USA – Children's Book Author,
Writer and Television Producer.

AND MORE BOOKS

THE LITTLE, HUMAN HANDBOOK SERIES. Vol One.

[NOW AVAILABLE in Paperback or eBook.](#)

*“Practical **SOLUTIONS** to life’s madness, for *Anxious, Lost and Stressed* people who desire more **BALANCE** and **PEACE** in their day-to-day lives.”*

AWARENESS

BALANCE

EMPOWERMENT

This little book is packed full with practical and SIMPLE solutions to life’s madness (**Overwhelmed? – Stressed? – Confused?**) that will take you only **TWO minutes a day** to read.

There are 63 inspiring, HELPFUL and feel good selections based on Awareness – Balance – Empowerment that can make your life much easier to understand and give you a strong sense of peace and more importantly...
knowing **you are not alone!**

“...Puts life in perspective beautifully, and I can think of several people I want to gift this to...”

Barbara G, USA.

*“...with a lifetime battle with ADD (Attention-deficit disorder), I’ve never finished a book, but I have read *The Little Human Handbook* twice so far...”*

Ronnie M. USA.

Guided Journals:

Available on Amazon - Paperback or Hardcover.

[#1 Awareness: Journal for a Better Life!](#)

Dive deep into a journey of self-awareness with this transformative guided journal, tailored especially for those feeling overwhelmed, stressed, and uncertain in navigating through the madness of life's complexities.

- **101 Pages:** Packed with wisdom and guidance.
- **21 Journal Prompts:** Focused on the practice of Awareness. These prompts unravel the intricacies of life, shed light, offer insights, and instill a profound sense of serenity and wellbeing.
- **3 Journal Pages Per Prompt:** Ample space to articulate and explore your thoughts and feelings.

[#2 Balance: Journal for a Better Life!](#)

Step into a world of balanced living with this insightful guided journal, designed particularly for those seeking harmony amidst life's madness and overwhelming demands.

- **101 Pages:** A blend of wisdom and actionable guidance.
- **21 Journal Prompts:** Centered around the principle of Balance. Delve into life's nuances, illuminate your path, gain clarity, and foster an enduring sense of equilibrium and wellbeing.
- **3 Journal Pages Per Prompt:** Generous space for reflection, allowing your thoughts and emotions to flow freely.

[#3 Empowerment: Journal for a Better Life!](#)

Delve into the soul-nourishing world of empowerment and self-discovery with the guided journal, especially for those feeling stuck, trapped, stressed, and uncertain in navigating through the madness of life's complexities.

- **101 Pages:** A curated blend of wisdom and guidance to elevate your journey.
- **21 Empowered Journal Prompts:** Focused on the practice of Empowerment. These prompts unravel the intricacies of life, shed light, offer insights, and instill a profound sense of encouragement and wellbeing.
- **3 Journal Pages Per Prompt:** Ample space to articulate and explore your thoughts and feelings.

ABOUT TIM MCMAHON:

Author | Mentor | Gen X | Introvert | INFJ

Tim is an Australian born author and seeker of truth, he endured a challenging childhood marked by trauma, health challenges and the suppression of his unlimited curiosity.

Despite these hardships, Tim followed his dreams, becoming an apprentice cabinet-maker which, culminated in a devastating accident where he broke his lower back.

This accident set Tim on a new trajectory. Firstly, he underwent twelve months of intense rehabilitation. Then, he ventured into photography, achieving publications in several international magazines. Tim dabbled in modeling, acting and the fast-paced world of motor racing before moving into the cut-throat arena of Corporate IT.

Beneath his success lay turmoil, compounded by profound personal losses, the suicide of his beloved brother and the life-ending cancer battle of his mother. Tim also encountered his own life-threatening health crisis. Faced with a dire ultimatum to "Change or Die". He left all that he knew and embarked on a transformative journey across multiple countries, diving deep into diverse cultures and philosophies in search of meaning.

Along the way, he encountered mentors, gurus and masters who reshaped his understanding of life. Now, dedicated to sharing his profound insights, Tim's mission is to gently guide others towards a more conscious, happy and fulfilling existence.

Tim is currently working on releasing his life-changing course on creating a better life, a long with new books for introverts, empaths and sensitive souls.

His curiosity for learning, growth and deepening his knowledge of the human experience continues...

THANK YOU!

Thank you for reading and I hope you enjoyed the experience!

I would love to here your feedback!

Please leave a review on Amazon, social media and share with family, friends and colleagues, if you think it would add value to their lives.

Thank you for your support!

Want to know more...?

Web: www.tim-mcmahon.com

Facebook: [@corhippy](https://www.facebook.com/corphippy)

Facebook Group: www.facebook.com/groups/CorporateHippyRevolution

Instagram: [corp_hippy](https://www.instagram.com/corp_hippy)

YouTube: [Two Minutes With Tim!](https://www.youtube.com/channel/UC...)

I also offer services focused on creating a better life:

Books and Journals.
Coaching and Mentoring.
Practical and Insightful Courses.

- Don't Forget - You Are Not Alone! -