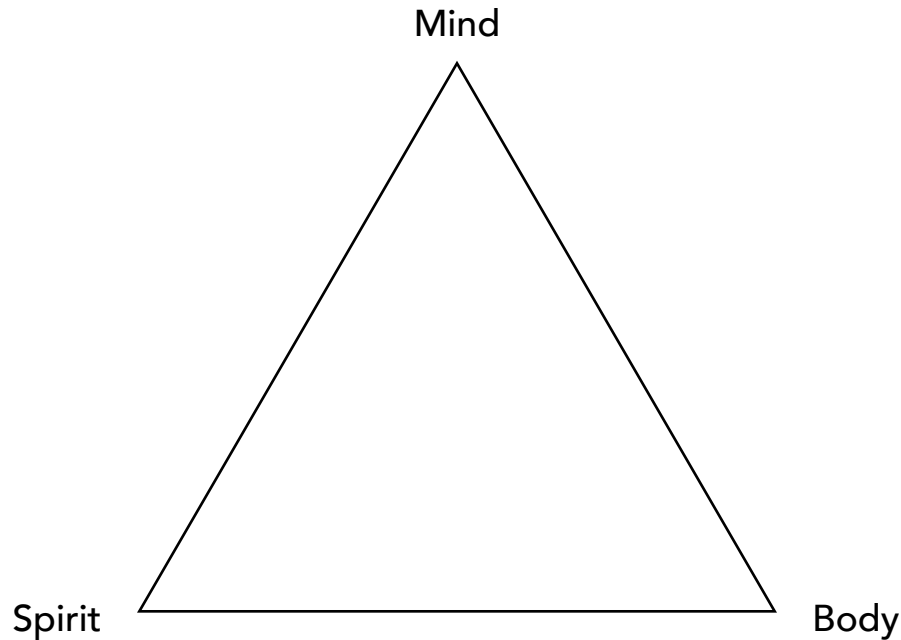


# Useful.

Thriving in a cold and infinite universe where everything is done better, cheaper, and faster by robots

## Balance

When we're out of balance, problems tend to pop up to let us know that we're neglecting some important part of ourselves. Never fear! With a little attention, we can get back to our center.



Think of the above triangle as a map of yourself, as you are right now. Put a dot in the triangle plotting where you think you are currently. The closer you are to any corner, the stronger your current focus to that aspect. Perfect harmony is in the center.

### Balance your mind

Not paying enough attention to your mind? Try engaging your curiosity: study something new, do a crossword or sudoku, read a book, play a memory game, practice another language, memorize the names of capitals cities, try to find different solutions to a problem you think you've already got sorted.

### Balance your body

Is your body feeling tired and neglected? Find ways of enjoying your physical self: take time to really taste your food, do some sports or any kind of physical movement like yoga or walking, get a massage, walk barefoot through the grass, take a cold (or hot) shower, make love with your main squeeze.

### Balance your spirit

Feeling disconnected and you're not sure why? It could be a hunger of the soul. Spend some time meditating, or in the vast expanse of nature, or with a profound work of art. Seek out experiences that induce a feeling of awe, and that remind you there's more to this world than the daily grind.



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