LIFE IS A BALANCING ACT

- Having a fast-track career
- Making time to think
- Eating what you love
- Working for money
- Having “me” time
- Spending money now
- Doing what you want
- Spending time with the kids
- Pushing yourself to achieve more
- Trying something new
- Advocating for your ideas
- Responding to requests
- Requesting help
- Following the crowd
- Holding people accountable
- Controlling the activity
- Waiting for someone
- Following your heart

- Maintaining a vibrant family and social life
- Completing a task
- Living a healthy lifestyle
- Doing what you love
- Being social with others
- Saving for the future
- Doing what is expected of you
- Enjoying one-on-one time with your spouse
- Stopping to smell the roses
- Overcoming fear of change
- Compromising to gain acceptance
- Focusing on your priorities
- Being self-sufficient
- Following your instinct
- Forgiving and forgetting
- Delegating responsibility
- Moving on
- Listening to your head

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