



LIFE IS A BALANCING ACT

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| Having a fast-track career | • | Maintaining a vibrant family and social life |
| Making time to think | • | Completing a task |
| Eating what you love | • | Living a healthy lifestyle |
| Working for money | • | Doing what you love |
| Having "me" time | • | Being social with others |
| Spending money now | • | Saving for the future |
| Doing what you want | • | Doing what is expected of you |
| Spending time with the kids | • | Enjoying one-on-one time with your spouse |
| Pushing yourself to achieve more | • | Stopping to smell the roses |
| Trying something new | • | Overcoming fear of change |
| Advocating for your ideas | • | Compromising to gain acceptance |
| Responding to requests | • | Focusing on your priorities |
| Requesting help | • | Being self-sufficient |
| Following the crowd | • | Following your instinct |
| Holding people accountable | • | Forgiving and forgetting |
| Controlling the activity | • | Delegating responsibility |
| Waiting for someone | • | Moving on |
| Following your heart | • | Listening to your head |