



## Lessin's Lessons for Life Balance

- ❖ We are constantly searching for balance in all aspects of our busy lives. Our lives encompass much more than just work.
- ❖ Finding balance in live requires making and accepting changes. Accept change with a positive welcoming attitude.
- ❖ To best achieve balance in your life, you need to take it one step at a time. Start with baby steps!
- ❖ Balance is different for each and every one of us. Celebrate your uniqueness!
- ❖ Learning to say "no" is key to living a balanced life. Remember that "no" is the opposite of "on". You do not always have to be "on".
- ❖ Your life balance will change over time as your life changes. Look at your life as the lifetime of opportunities that it truly is.
- ❖ Balance may need to be scheduled into your life just like a business meeting. Plans may need to be changed or rescheduled so just make new plans.
- ❖ Give up the myth of perfect balance. Aim for reasonable balance for the long haul.
- ❖ Do something that brings you balance every day. You have to nurture yourself first before you can truly nurture others.
- ❖ Be sure to have some fun! You work hard and deserve the very best that your life has to offer.



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Balance Act Lady



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