

Balance: The Key to Take the Ride of Your Life!



1. Making time for yourself is a necessity, not a luxury.
2. Balance is juggling our values, beliefs, and priorities.
3. Life balance is really expectation balance.
4. When you pause and reflect on your life, you can make sure you are going
In the direction you want to go!
5. We are always changing and evolving like a diamond in the rough.
We are NOT complete like perfect diamonds.
6. Asking for help is a sign of strength since we can't always do things on our own.
7. Connections keep us balanced-either with yourself or others.
8. Letting go of stress is a power move. Remember to exhale the stress and
inhale peace and calm.
9. Make sure YOU are part of the balance equation.
10. We never have complete balance, only continual adjustments. This constant
movement ultimately keeps us balanced.
11. Keeping a humor journal will help you look at the positive side of life.
12. Include balance and fun in your mission statements for work and life.
13. Creativity is looking for the second right answer. Change the focus of your
“camera.”
14. Getting older is like riding a bike, if you don't keep pedaling, you'll fall.

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