



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 |