



BALANCE

LEARN

We work about _____ hours each day, but only sleep about _____ hours.

People who spend more than _____ per week at work have a higher chance of _____.

The seven areas of our life to keep in balance are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

ACT

Identify what area of your life might be out of balance. Maybe you've been neglecting your health or your family. Perhaps you're struggling financially because you aren't working enough, or aren't in the right job. Then write how to re-balance that area.

SHARE

Share how you will re-balance that area of your life with the people it pertains to.

"Man maintains his balance, poise, and sense of security only as he is moving forward."
.-Maxwell Maltz-