

Life Balance

Achieving Greater Balance Emotionally and In My Life

Which of life's daily pressures are most significant?

Which personal situations are causing the greatest stress?

When can I give myself some grace and positive feedback?

How can I be more proactive vs. reactive when challenging situations occur?

Do I need the help of others, including a licensed professional, to address my current situation?

Which challenges can I break down into more attainable parts?

What setback(s) have I recently experienced? What caused the setback?

Where will I take the time to slow down?

Which of all my daily activities are helping me to become my best and make a difference on others?