

## Preparation for G98 – Balance

We all have experienced times when we felt as though our life was out of balance. Sometimes this seems to be a constant state of affairs. One reason for this is that it is not simply a matter of balancing work and kids, or stress and relaxation, but trying to balance everything in our lives at once. When thought of in this way it is easy to see how it is difficult to achieve balance in our lives. Nonetheless it is still something that is worthwhile to strive for.

- 1) Think of a time when you felt that your life was out of balance. Did you make a change to bring things back into balance or was there some external force that helped bring things back into balance?
  
- 2) Has there been a time when you felt things were out of balance and you identified what seemed out of balance and made a plan to bring them back into balance? Did your plan work?
  
- 3) Have you ever experienced a time when something unexpected disrupted your life and actually brought things more into balance?
  
- 4) Do you think that achieving some of your goals in life causes your life to go out of balance? Has this ever caused you to reexamine those goals?
  
- 5) Has there ever been a time in your life when you feel that things were in balance?
  
- 6) Have you ever had an experience where you let go of something and it helped bring your life into balance?