STOP THE TREADMILL! – I WANT TO GET OFF

A. SYMPTOMS THAT YOU'RE OFF BALANCE
   1. Cancelled or postponed vacations
   2. Struggle to juggle
   3. Family and friends complain
   4. Very little time for self-care
   5. Treadmill

B. CONSEQUENCES OF BEING OFF BALANCE
   1. Health
   2. Relationships
   3. Life

C. WHAT IS BALANCE
   1. No ideal
   2. Unique to Each Individual
D. DISCOVERING YOUR UNIQUE LIFE BALANCE

1. Get Clear About What’s Important To YOU

2. Your Top Five Values
   a.
   b.
   c.
   d.
   e.

3. Create a Life Vision That Reflects Your Values
   a. Your Ideal Week

4. Examine your life
   a. Why Am I Doing This?
   b. What’s Missing?

5. Adjust Your Priorities

E. RELEASE WHAT IS NO LONGER IMPORTANT

1. Delegate It

2. Defer It

3. Dump It
MAINTAINING YOUR UNIQUE LIFE BALANCE

1. Re-Evaluate Your Priorities.

2. Develop Your Criteria for Saying Yes

3. Learn How to Be There

4. Set Boundaries

5. Learn how to say “NO”

6. Dealing With Overwhelm
   a. Reflect - Write it down

   b. Reconnect With Your Priorities – What’s Important NOW?

   c. Explore Possibilities

   d. Adapt