

BALANCE

A GUIDE TO LIVING YOUR DREAMS

Seeking balance in life requires us to remember our dreams. With demands of family, work, and economic concerns, our dreams - our purpose in life - get put on hold. This handout allows you to revisit your dreams, so that you can start making them in a reality, with just one step at a time.

1

10 minute exercise: Write down everything you are interested in and not doing right now. Brainstorm here - no idea is off limits!

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2

Pick your top 5: Highlight the 5 things most important to your purpose in life, plus any ideas which can be done immediately.

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3

Of those 5, which could you pursue in 1 year? 2 years? 5 years? Make a list of what needs to change in your life now in order to make them a reality!