

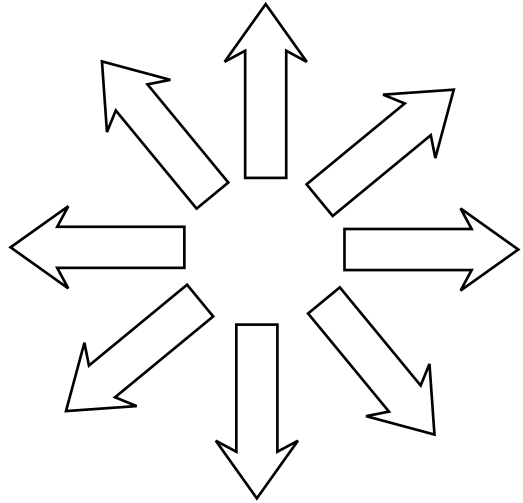
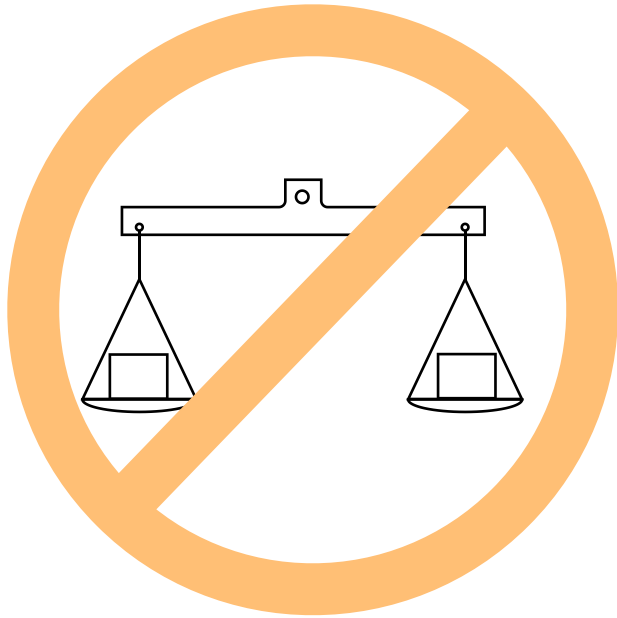
# What You'll Learn...

- The true meaning of having a “balanced life” — it’s not what you think!
- How to reconnect with **what’s important to you** on a daily basis, even if you’re in the middle of a crisis
- How to plug the “leaks” in your life that drain you of **energy and motivation!**
- How to match your activities to your biological rhythms for **maximum efficiency** and **minimum stress**
- How to create real **quality time** with the people and projects you care about, without a lot of fancy activities or huge blocks of time

# What You'll Need...

- This handout, and the corresponding CDs
- A pen or pencil to take notes and to fill in the blanks on these pages
- A willingness to **stop pushing yourself** to do things you don’t really want to do, and to be more open to doing what you want, even if it’s not what you’re “supposed to” be doing right now.

# Balance vs. Balance-ing



**Balance does NOT mean**

\_\_\_\_\_ for \_\_\_\_\_:

It is the \_\_\_\_\_ to \_\_\_\_\_  
\_\_\_\_\_, without \_\_\_\_\_!

It is \_\_\_\_\_; it is \_\_\_\_\_.

# Creating Balance through Circulation

1. More \_\_\_\_\_ makes a smoother \_\_\_\_\_!

2. Five to \_\_\_\_\_, Fifteen to \_\_\_\_\_

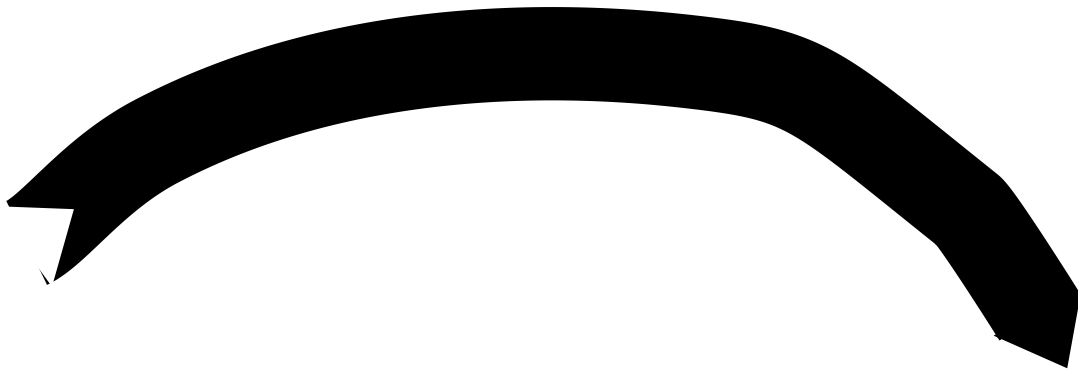
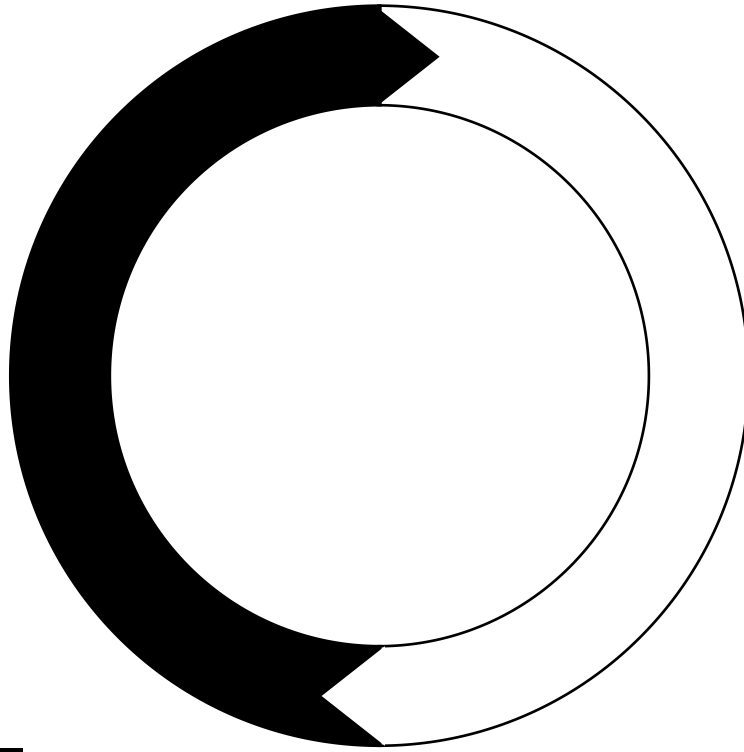
3. \_\_\_ with \_\_\_\_\_ “ \_\_\_\_\_ ”

4. Close the \_\_\_\_\_ before doing \_\_\_\_\_!

5. \_\_\_\_\_ a \_\_\_\_\_, or it'll make you \_\_\_\_\_



# Pushing and Pulling



Life is a \_\_\_\_\_, not a \_\_\_\_\_!

\_\_\_\_\_ equals \_\_\_\_\_

# **Stretch & Recovery**

**1. Physical**

**2. Mental, Emotional, Spiritual**

**3. Rituals**

**4. “Cleanup”**

**5. The Ultradian Rhythms**

# A Rich Variety of “Qualities”

	Outward	Inward
Now		
Later		

# What is “Quality Time”?

1. Not about \_\_\_\_\_ the \_\_\_\_\_, nor \_\_\_\_\_.

2. 80% of \_\_\_\_\_ is \_\_\_\_\_ “\_\_\_\_\_”

3. \_\_\_\_\_, focused outward: That is, \_\_\_\_\_!

# Understanding Timelines



# **Wrap-up and Feedback**

**(Answer as if you were speaking to a friend who didn't attend the workshop)**

**1. What did you enjoy most?**

**2. What are you going to start using immediately?**

**3. What kind of difference will it make to your life?**

**Send answers to [feedback@dirtsimple.org](mailto:feedback@dirtsimple.org)**