

Balance . . . Really??

What are some alternative (realistic!) perspectives?

Please add to the chat . . . What's a "good day" for you?

Setting reasonable goals – what's really important and timely – and "no" to everything else. If I get the key 2-3 things done, that's a great feeling.

If I have something (doesn't matter how much) of these categories: movement (aside from farm work – walk, yoga, strength – have learned a lot in this program!), planned healthy meals, focused computer time/get things done (no scrolling/rabbit holes), slowing down at night and earl-ish to bed.

Noticing and savoring the simple moments: coffee in the morning, petting my cat, yoga when I'm really listening to my body and not rushing through, now legs on the wall! I write three of these things down in my journal every evening.



Balance = Journey

What do I need more of right now?

How can we increase the things that are *working*?

Three reflections from Lisa:

1. Plan my first couple hours . . .key tasks . . the night before to avoid “whack a mole rabbit holes”
2. Set a timer when on the computer/Pomodoros – get up and do Ellen’s “five in five” every 25 minutes
3. Slower, winding down time in the evening & getting to sleep earlier



Balance = Journey

What do I less of right now?

How can we decrease the things that are *NOT working*?

Three reflections from Lisa:

1. Eating without a daily plan (especially in winter – carb overload!)
2. Alcohol that isn't "social & shared"
3. Anything scrolling on my phone . . .



Balance = Journey

A final thought . . .

What is something we can step back from, simplify, eliminate?

What is something that only needs a "B" grade?

Or maybe even a "C-" 😊

