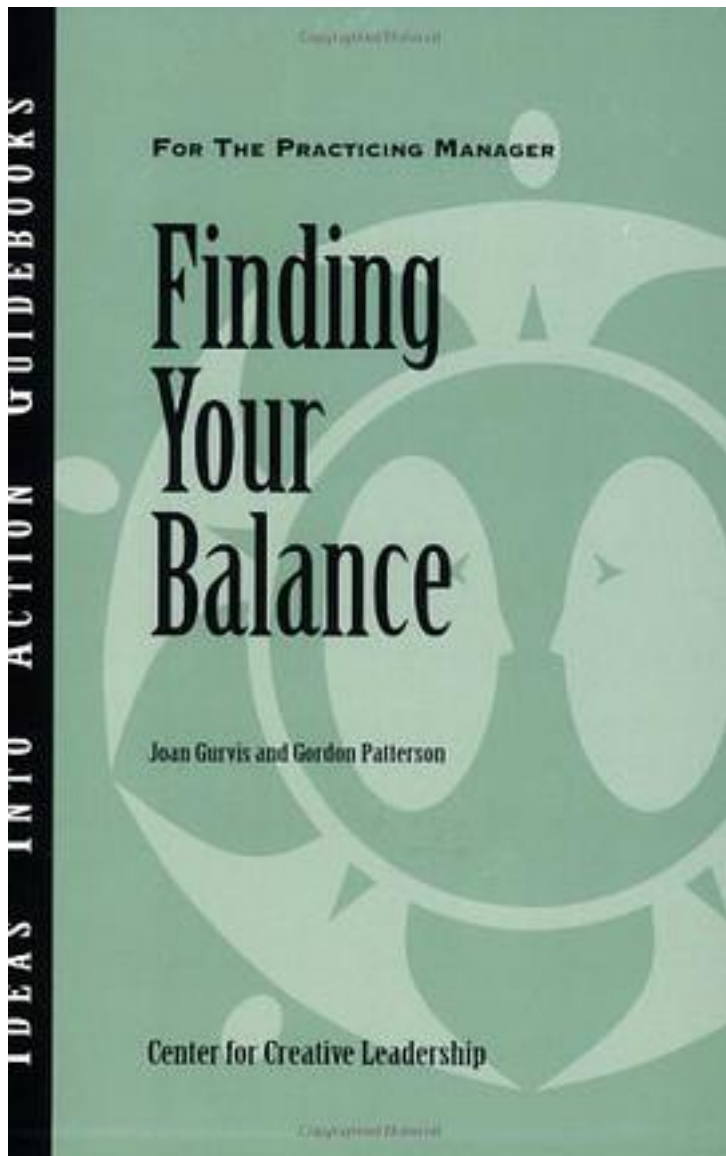


Finding Your Balance



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Balance isn't an issue of time, but an issue of choice. It's about living your values by aligning your behavior with what you believe is really important. Aligning your behavior with your values is much like any other developmental experience; the basic process involves assessment, challenge, and support. You need to determine where you are, define where you want to go, and then put into place the tools you need to get there.

Balance is about more than how you spend your time. It's about how you live your life. It's about recognizing that you have control over the choices you make and aligning your behavior with your values.

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