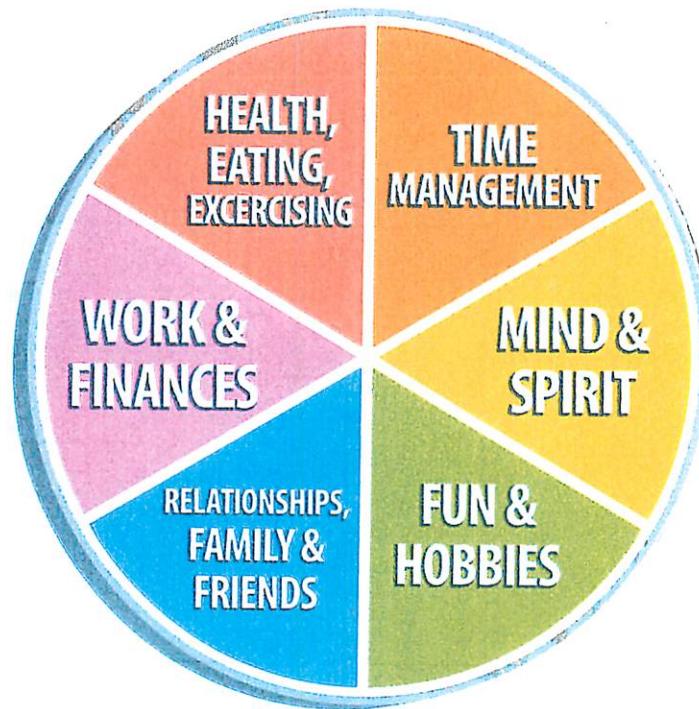


Balance does not mean cramming every activity possible into each day. Examine your values and choose what is most important to **YOU!**



Write down at least one goal that you would like to accomplish in the next 6 months that would enrich your life.
