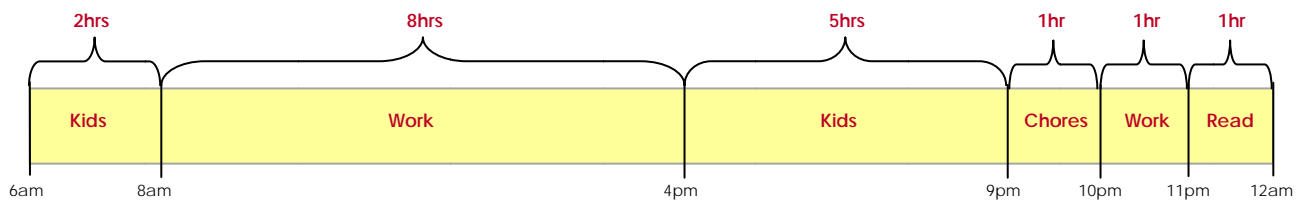


The Extreme Sport

Take a few minutes to both sketch your own "Day in the Life" timeline as well as create a list of your "life pulls."

This may help bring clarity as to why you may be feeling overwhelmed, frustrated, or exhausted when you see your ever-mounting "to do" list. Seeing "what's real" about your life is the only way to recognize that the expectation of "balance" is a myth that exacerbates the pressure on an already over-stressed system. This method also allows one to readily see what items and obligations can be sacrificed or postponed.

Day in the Life of ... Timeline (example)



Now draw your own Day in the Life of ... My Timeline

The Pulls in my Life... (add as needed)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____