



The most important word in our language is love and the second most important word is balance. (Part Two Balance)

Describe somebody who you admire because they have great balance in their life and keep things in the proper perspective. How do they do it?

What parts of your life are out of balance?

What could you do specifically to improve the balance of your out of balance areas? (Coach felt careful planning and the self discipline to stick to a schedule was critical.)
