

Balance



'I take the opportunity each day offers.'

Andy Goldsworthy

- Creating balance gives us stability and peace.
- Are you happy with the balance you've achieved in your life? Are you managing to give the right weight to home life, work, and other commitments?
- How can we achieve a balance between pleasure and purpose? Or between looking after ourselves and giving out to others?
- Creating balance probably needs constant tiny adjustments. Are there any simple tweaks that would make everything feel better balanced?

'Happiness is not a matter of intensity but of balance, and order, and rhythm, and harmony.' Thomas Merton