

# Bicycle



- Can you remember learning to ride a bike? Did it come easily, or did you need to persevere? Do you remember wobbling, trying to keep your balance and falling off again?
- It's easier to keep your balance if you go faster, but if you go too fast that's risky. Slow down too much and you'll lose momentum. It's about finding the right speed for each situation.

***'Life is like a bicycle. To keep your balance, you must keep moving.'***

*Albert Einstein*

- Are there areas in your life where you're in danger of wobbling and losing focus? Is there something you just need to get on and do, rather than worrying about it and procrastinating?
- Is your life hurtling along too fast and out of control? Is there something you could do to slow things down a little? Do you need to ease up and enjoy the scenery?