

Juggling



- Being able to juggle takes practice! Nobody picks up a set of balls and instantly knows how to keep them all in the air. Focus too much on one ball and the others fall to the ground. It takes a lot of mistakes, a lot of dropping everything, a lot of picking them up and starting all over again. But it can be learned.
- When everything flows, juggling can feel empowering and rewarding. Add one more element and it can so easily fall apart!
- Do you feel as if you're trying to juggle too many different things just now? Pause and think about which can look after themselves for a while and which need your particular time and attention.
- Bryan Dyson, the former CEO of Coca-Cola used juggling as an analogy for getting a proper work-life balance. He described work as a rubber ball, if you drop it, it will bounce back. He described family, health, friends and spirit as glass balls, if we drop one of these it will be damaged – perhaps irretrievably. What do you need to keep your eye on at the moment? Give yourself permission to prioritise this one thing.