



*Sir Godfrey Gregg*

Looking back at life from an early age has taught me some great lessons. I learned from my parents and older siblings. They taught me some valuable lessons until I did a postmortem of those old days.

I used to believe that I could do everything and be everywhere. I could work longer hours, make the deadline, cook delicious meals, play with the kids, get enough sleep, focus on my health. And I can absolutely do all these things. But not at the same time. Not on the same day.

Realizing that was delightful freedom. Letting go of that notion of constant balance was releasing a breath I didn't realize I'd been holding.

You mean I don't have to be everything to everyone all the time? I don't have to keep all the balls in the air all the time? I can change balls? I can choose different balls?

Balance is finding the correct weight for every area of life and understanding that the correctness of that weight will change over time.

- Balance is fluid and flexible.
- Balance is alive and aware.
- Balance is the intention.

This idea of balance- correctness rather than equals has taught me some of the most important lessons of my life.

- - I can not be everything to everyone
- - I can not be in all places at once. ☐
- - Saying yes to one thing means saying no to another.
- - Saying no to one thing means I can say yes to another.
- - Perfection doesn't exist. Let it go.
- - I can not change people
- - I have to stop comparing myself to others. They aren't me. I'm not them.
- - I will never finish the laundry or chores
- - I can't control everything
- - Bad things happen to good people and vice versa.
- - My kids aren't me.
- - Being all in a moment means I'm all out of another.
- - Envy and jealousy are different things.
- - Achievements never look like I thought they were going to.
- - Being kind to others is addictive.
- - I can't always be self- possessed.
- - Sometimes I need a cheerleader.
- - I like being part of a community.
- - Asking for help is hard, but necessary.

Therefore I have to embrace the wobbly balance."