

# Ulliance

Enhancing People. Improving Business.

## BALANCING ACT: The Art of Juggling Life

Juggling various roles is like walking a tightrope; some tasks are delicate as a glass slipper - one misstep and they shatter, while others are flexible like rubber bands - they just bounce back! Remember, focus on the high-wire acts that truly need your spotlight!

**Make a list of what is a glass slipper and what is a rubber band. Here are some ideas to help you get started.**

### GLASS Slipper

- Mental health
- Physical health
- Taking daily medications
- Family well-being
- Time to recover (exhaustion/burnout)
- Self-Care
- Being present with kids
- Connection with loved ones
- Time away from work

### RUBBER Band

- Saying "yes" to all events
- Completing tasks perfectly
- Chores
- Finishing the laundry
- Homecooked meals each night
- Replying to every email on time
- Organization
- Social media
- Planning activities

Each person's perspective varies; what some see as glass, others may see as rubber. Reflect on what brings you joy, connection, and wellness as life evolves. Your priorities may shift as life throws its curveballs, twists and turns!

**Contact us today! [LifeAdvisor.com](http://LifeAdvisor.com) | 800.448.8326**