

WEEK 1 TAKEAWAY SHEET

Balance - GGC September, Week 1: 9-7-26

Balance Isn't 50/50—It's Knowing What Needs You Right Now



1. Stop Chasing Perfect Balance

- Everything doesn't need equal attention every day.
- A lopsided week doesn't mean you're doing life wrong.
- Balance is about adjusting, not achieving perfection.



2. Different Seasons Require Different Priorities

- Your priorities are allowed to change as your life changes.
- Giving one area more attention doesn't mean you've failed everywhere else.
- Ask whether your current priorities still fit your current life.



3. Notice What's Taking More Than It's Giving

- Pay attention to the things that consistently drain your energy.
- Not every energy drain can disappear, but many can be reduced.
- Sometimes creating balance means removing something instead of adding something.



4. Balance Starts With Permission

- Give yourself permission to rest, change your mind, and choose differently.
- Your needs deserve a place beside everyone else's.
- You don't need outside approval to create a life that works better for you.