

WEEK 4 TAKEAWAY SHEET

Balance - GGC September, 2026: Week 4 ~ 9-28-26

Creating Your Balanced Life

Build a Life That Has Enough Room for You in It

1. Decide What "Balanced" Means to You

- Your version of balance doesn't need to look like anyone else's.
- Pay attention to how your life feels, not just how it looks.
- Peace and sustainability are better measurements than perfection.

2. Build Around What Matters Most

- Your calendar should reflect at least some of what you say matters most.
- Don't continually give your priorities whatever time is left over.
- Small, intentional choices can bring your daily life closer to your values.

3. Create Space, Not Just Structure

- You don't need to fill every available minute.
- Open space gives you room to breathe, adjust, and be spontaneous.
- Rest and unscheduled time are valuable parts of a balanced life.

4. Choose Peace Over Perfection

- Some weeks will naturally feel more balanced than others.
- When something isn't working, adjust instead of judging yourself.
- Balance isn't something you achieve once—it's something you continually return to.