

WEEK 2 TAKEAWAY SHEET

Balance - GGC September 2026: Week 2 ~ 9-14-26

*You Were Never Meant to Be Available to Everyone, Everywhere,
All the Time*

1. Being Busy Isn't the Same as Being Balanced

- A packed schedule isn't proof of a meaningful life.
- Productivity does not determine your worth.
- Rest doesn't have to be earned through exhaustion.

!! 2. Everything Doesn't Have to Be a Priority

- When everything feels important, overwhelm takes over.
- Decide what needs attention now and what can wait.
- Delegate, simplify, and occasionally remove something completely.

3. Create Boundaries Between Roles

- You don't have to be every version of yourself at once.
- Small boundaries create mental and emotional breathing room.
- Being unavailable sometimes is healthy, not selfish.

4. Leave Room for a Life You Enjoy

- Joy doesn't have to wait until everything is finished.
- Fun and connection deserve intentional space in your life.
- A manageable life isn't enough—you deserve one you enjoy too.