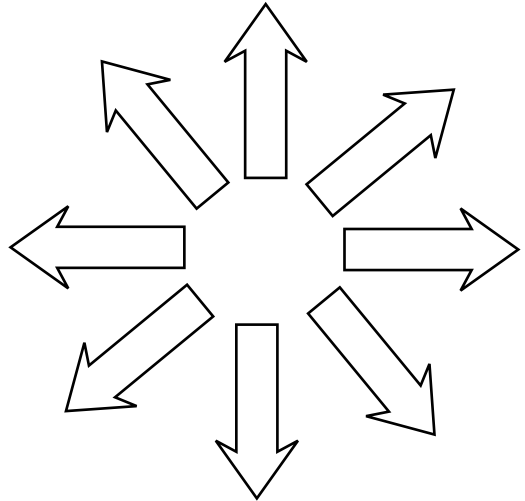
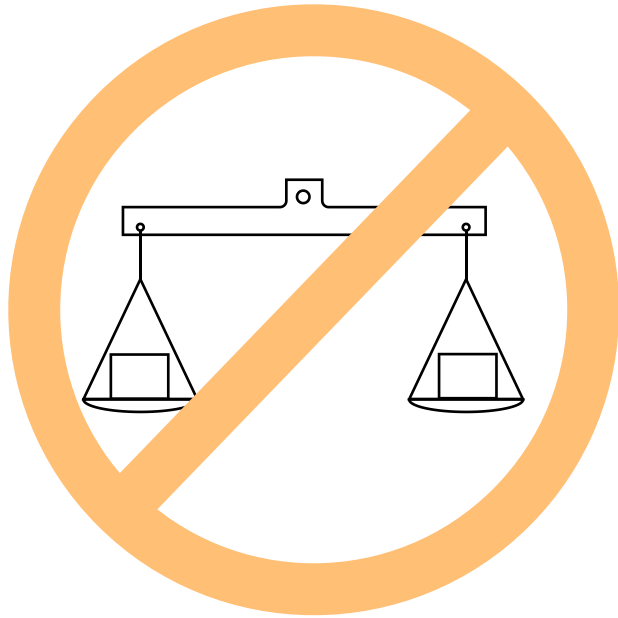


Before the workshop...

- Print out these pages, and the NEW phone number and PIN for the call
- Leave everything blank until you hear on the call what to write in (i.e., don't fill anything in ahead of time.)
- Make sure you have a pen or pencil handy to take notes and to fill in the blanks on these pages
- Be prepared to identify (and share) conflicts and issues you are having in reaching your goals; e.g. “Can'ts”, “don't know's”, and dilemmas. Remember, you're in coaching now; I may call on you by name and ask you questions!
- Call in to the conference line a few minutes ahead of schedule, to make sure that we can start on-time and you don't miss anything!
- Mute your phone when you are not speaking:
 - *2 on your touchtone keypad to mute
 - *3 to un-muteOR, if using Skype, there's a Mute button on-screen
- TIP: If your phone has a built-in mute function, use that instead; you can switch it on and off faster without having to wait for the teleconference system to stop telling you that you just muted or unmuted!

Balance vs. Balance-ing



Balance does NOT mean

_____ for _____:

It is the _____ to _____
_____, without _____!

It is _____; it is _____.

Creating Balance through Circulation

1. More _____ makes a smoother _____!

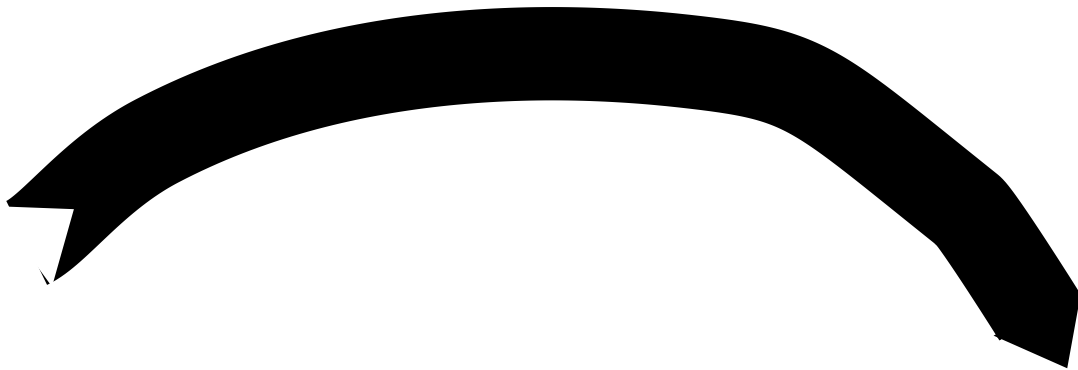
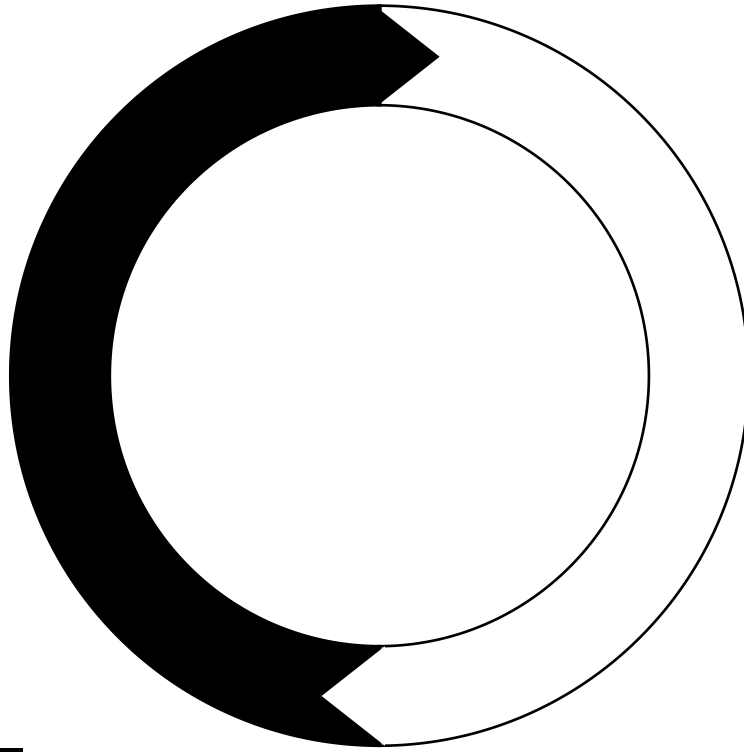
2. Five to _____, Fifteen to _____

3. ___ with _____ “ _____ ”

4. Close the _____ before doing _____!

5. _____ a _____, or it'll make you _____

Pushing and Pulling



Life is a _____, not a _____!

_____ equals _____

Stretch & Recovery

1. Physical

2. Mental, Emotional, Spiritual

3. Rituals

4. “Cleanup”

5. The Ultradian Rhythms

A Rich Variety of “Qualities”

	Outward	Inward
Now		
Later		

What is “Quality Time”?

1. Not about _____ the _____, nor _____.

2. 80% of _____ is _____ “_____”

3. _____, focused outward: That is, _____!

Understanding Timelines

Wrap-up and Feedback

(Answer as if you were speaking to a friend who didn't attend the workshop)

1. What did you enjoy most?

2. What are you going to start using immediately?

3. What kind of difference will it make to your life?

Send answers to feedback@dirtsimple.org