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-mute

  OR, 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 _____
Where are you “leaking”?

What do you care about?
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”

<table>
<thead>
<tr>
<th>Now</th>
<th>Outward</th>
<th>Inward</th>
</tr>
</thead>
<tbody>
<tr>
<td>Later</td>
<td></td>
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</tbody>
</table>
What is “Quality Time”?

1. Not about ___ the ____ __ _____, nor ___ ____.

2. 80% of ____ is ____ “______ __”

3. __________ ____________, focused outward: That is, ___ __ ___!
Understanding Timelines
Review and Q/A
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