



# Life Balance: Stumble or Stand

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**What if it were  
YOU?**

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**This is their home...**



**we have the honor and privilege  
of working in it.**

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**This is**  
**YOU**

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**This is your life...**



**you have the honor and privilege of living it and  
you make the choice on how it will be lived.**

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There is only one person who is capable to set limits to your growth: it is **YOU**.

**You** are the only person who can change your life.

**You** are the only person who can influence your happiness, your realization and your success.

**You** are the only person who can help yourself.

Your life does not change when your house, friends, finances or your partner changes.

Your life changes when **you** change, when **you** go beyond your limiting beliefs, when **you** realize that

**YOU** are the only one responsible for **YOUR** life and the amount of positivity in **YOUR** life.

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# Attitude is Everything Video

[www.simpletruths.com](http://www.simpletruths.com)

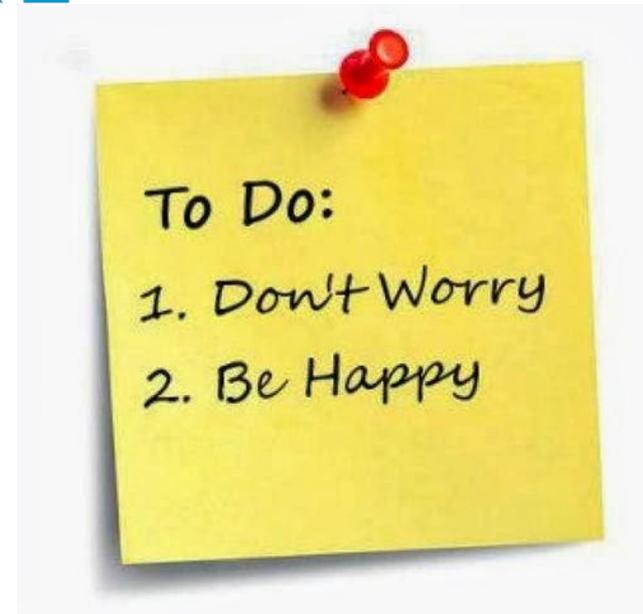
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## Rule #1

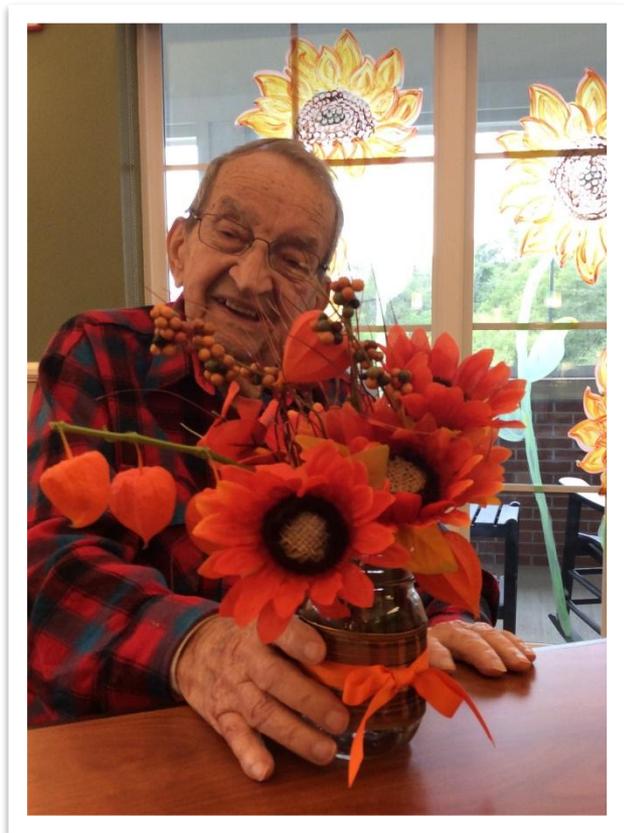
# Wait to Worry

~Write you Worry Away Exercise~



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Worry  
doesn't prevent



disaster 

it prevents

**Joy!**

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## Rule #2



# Keep an Attitude of Gratitude

~Thank you Note Exercise~



## Rule #3

**Your Health is  
Your Wealth**



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## Rule #4

# Joy Boomerang

~MOSAIC Reassurance Exercise~



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**Joy** is not  
in things;  
**it is in us.**

Richard Wagner

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## Rule #5

**Learn to Say**

~Say No Exercise~



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When you say  
*Yes* to others,  
make sure you are  
not saying *No* to  
yourself

-Paulo Coelho, author

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## Rule #6

# Understand the Power of Discipline

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**ZIG ZIGLAR**

[InspirationBoost.com](http://InspirationBoost.com)

IT WAS CHARACTER THAT  
GOT US OUT OF BED, \_\_\_\_\_

\_\_\_\_\_ COMMITMENT THAT  
MOVED US INTO ACTION,

AND DISCIPLINE THAT ENABLED  
US TO FOLLOW THROUGH. \_\_\_\_\_

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## **YOU Choose**

When your feet hit the floor,  
When you look in the mirror,  
When you go about your day

**How YOU Will Embrace  
YOUR Day.**

## **YOU Choose**

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## Rule #7

# Surround Yourself with Positivity



## Surround Yourself with Positivity

- ❖ Shut Off or Shut Down
  - Radio, Print, TV and Social Media
- ❖ People – what are they **ADD**ing to Your Life?

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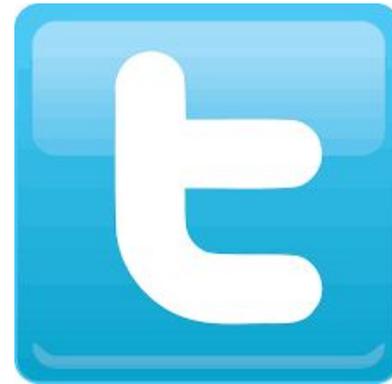
IF YOU  
*stumble,*  
MAKE IT PART  
OF THE  
*dance*



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**MOSAIC Moments Await!**



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*“A person can only stumble for so long before they  
either fall or  
stand straight up.”*  
~ Brandon Sanderson

**Your Choice will YOU...**

**Fall or Stand**

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