



WORK LIFE BALANCE IS A MYTH!

WORKBOOK

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Stress and balance are often talked about together.

What is the difference between _____
and _____?



Stress is _____.

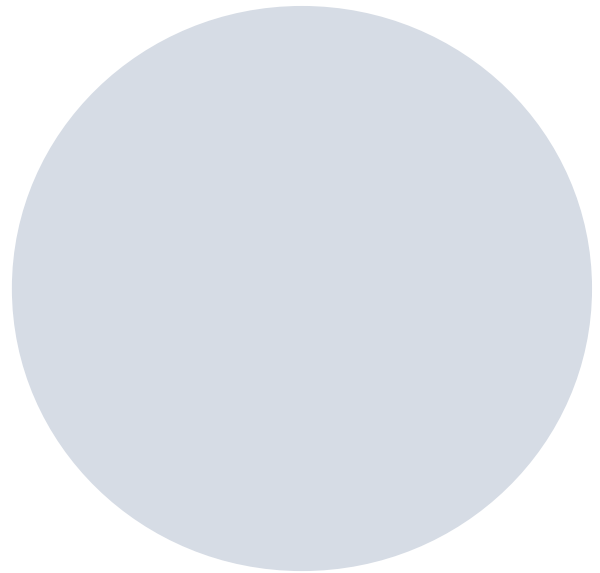
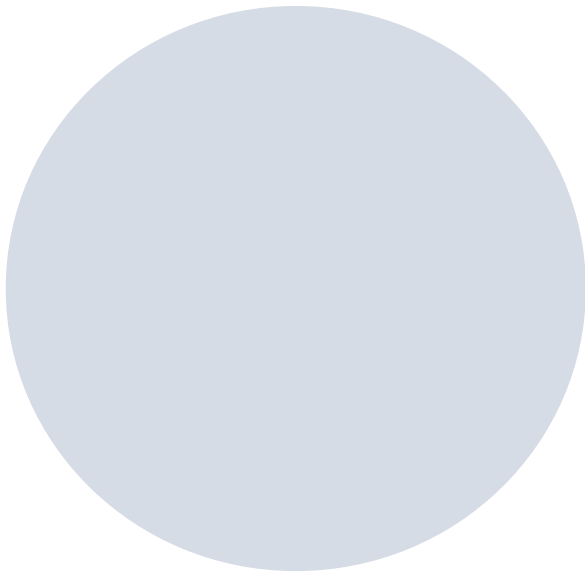


It's the _____.

Looking For Balance In Our Lives



There are 6 key Areas of our lives



Ask yourself some questions:

1. Do I _____ ?



2. Am I _____ ?



3. How can I _____ ?



Can you double up?

Can you improve your Time Management skills?

Remember, things come and go.
Give your self Grace.

Remember, your balance is yours and yours alone.
Don't compare yourself to others.





Be Your Own Superhero!

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