

Are you over-committed, over-scheduled, and overwhelmed? Does your life leave you feeling stretched out and stressed out by the end of the day? Do you wonder where your energy went? If you answered yes to any of these questions, this class is for you! Join Peggy and Teresa as we discuss how to peel back the hood of your life and determine what needs to be over-hauled, tuned up, or completely released.



Find Your Balance

A three week online course for the over-stretched and over-stressed.

Week One: Explore what structures are, how they work, and how some of them keep us from doing what's really important to us. Make a detailed list of the structures in your life.

Week Two: Examine the factors that effect your time, commitments, and schedules. Determine what you need to overhaul, tune up, or release.

Week Three: Move forward! Set goals that put you back in the driver's seat and allow you to maintain balance in your life.

You'll Learn:

- What a Structure is and is not
- Different types of Structures
- Life Cycle of a Structure
- Determine if your Structures SERVE or DOMINATE you
- How your Little Voice gets in the way
- Balance and Congruency

You'll Dive Into:

- Identifying all your Structures
- Observing your Little Voice ("I should," "I ought to," "I must," etc.)
- Finding Balance and Congruency within your Structures

