

**Bad days  
happen**

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**LESSONS:**

**“The best laid plans  
of mice and men  
often go astray.”**

**Robert Burns**

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**LESSONS:**

**“A man is not  
defeated by his  
opponents,  
but by himself.”**

**Jan Christiaan Smuts**

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**LESSONS:**

**“The things which  
hurt, instruct.”**

**Benjamin Franklin**

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**LESSONS:**

**“Two people can  
accomplish more than  
twice as much as one;  
they get a better return  
for their labor.”**

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**LESSONS:**

**“If one person falls,  
the other can reach  
out and help. But  
people who are alone  
when they fall are in  
real trouble.”**

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# King Solomon

## Ecclesiasties 4:9-10

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# How can we balance life's demands?

- **Define it!**

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**“Balance is the ability to continually recognize and juggle a variety of assignments and opportunities in your daily life.”**

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# How can we balance life's demands?

- **Define it!**
  - **Develop it!**
- How do you develop life balance?**

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**Recognize your capacity is limited.**

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**“An intelligent person aims at wise actions, but a fool starts off in many directions.**

**Proverbs 17:24 (GNT)**

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**“It is stupid to waste time on useless projects.”**

**Proverbs 12:11 (GNT)**

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**“Teach us to number our days and recognize how few they are; help us to spend them as we should.”**

**Psalms 90:12 (TBL)**

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- **Recognize your capacity is limited.**

**Reconcile your opportunities with your assignments.**

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**“I have come to realize that the urgent things in life are seldom important and the important things are seldom urgent.”**  
**-- Dwight Eisenhower**

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- Recognize your capacity is limited.
- Reconcile your opportunities with your assignments

**Relax your grip.**

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**“Anxiety in a man’s heart weighs it down.”**

**Proverbs 12:25**

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**“A merry heart does good like a medicine.”**

**Proverbs 17:22**

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**“A relaxed attitude lengthens life.”**

**Proverbs 14:30**

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- Recognize your capacity is limited.
- Reconcile your opportunities with your assignments
- Relax your grip.

**Resolve to live without regrets.**

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**“Do you love life?  
Then do not squander time, for it is the stuff life is made of.”**

**—Benjamin Franklin**

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