

Balancing life can be just as tricky as trying to balance a tray full of plates! Often, we feel alone as we try to live effectively in a personal world full of demands and an outside world that is constantly changing. But we're not alone! Others, as well as we, are asking:

- How do I make life work?
- What is my real purpose?
- How do I get ahold of my time?
- Where can I find supportive relationships where I can grow and contribute to the growth of others?

LifeQuality International  
121 N. Main Street, Souderton, PA, 18964



# Life Balance

***A quality life is a life lived on purpose, in balance and in healthy relationships with our Creator, others and ourselves!***



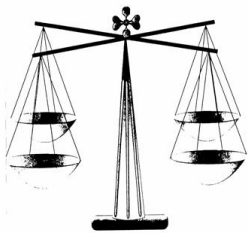
But finding the way forward to such a life can be a challenge.



## LifeQuality "Life Balance" seminar

is designed to allow you to explore a deeper level of personal balance in a small group with fellow seekers.

**You'll discover that the fulcrum is the key to it all!**



"The seminar awakened me to consider my life in a new way in light of changing circumstances"  
(seminar participant).

### By the end of the course you will:

- 1. Understand what a "balanced life" really is.** Not only how to keep life's plates on the tray, but how to decide which ones to put on the tray and in what order! And determine whether your life is "in balance" or "out of balance".
- 2. Discover what is at the center of your life.** And discover how I am spending my time and how I can keep from being driven by the "tyranny of the urgent"
- 3. Explore a way to check your values and discover truth which can help you develop better values.** Why was Jesus of Nazareth so effective as a person? Rediscover the values that formed the basis for his effectiveness
- 4. Create your own personal mission statement.** God has created you for a purpose. You will have the opportunity to rewrite your "script" according to that purpose.
- 5. Develop a personal, practical "balance plan".**

**Life Balance is one of several programs offered through LifeQuality International**

**Each seminar is led by one or more of our specially trained LifeQuality facilitators**

### Contact Us

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"So good to examine myself and receive new information. A new beginning is underway.  
Thank you!"  
(seminar participant)