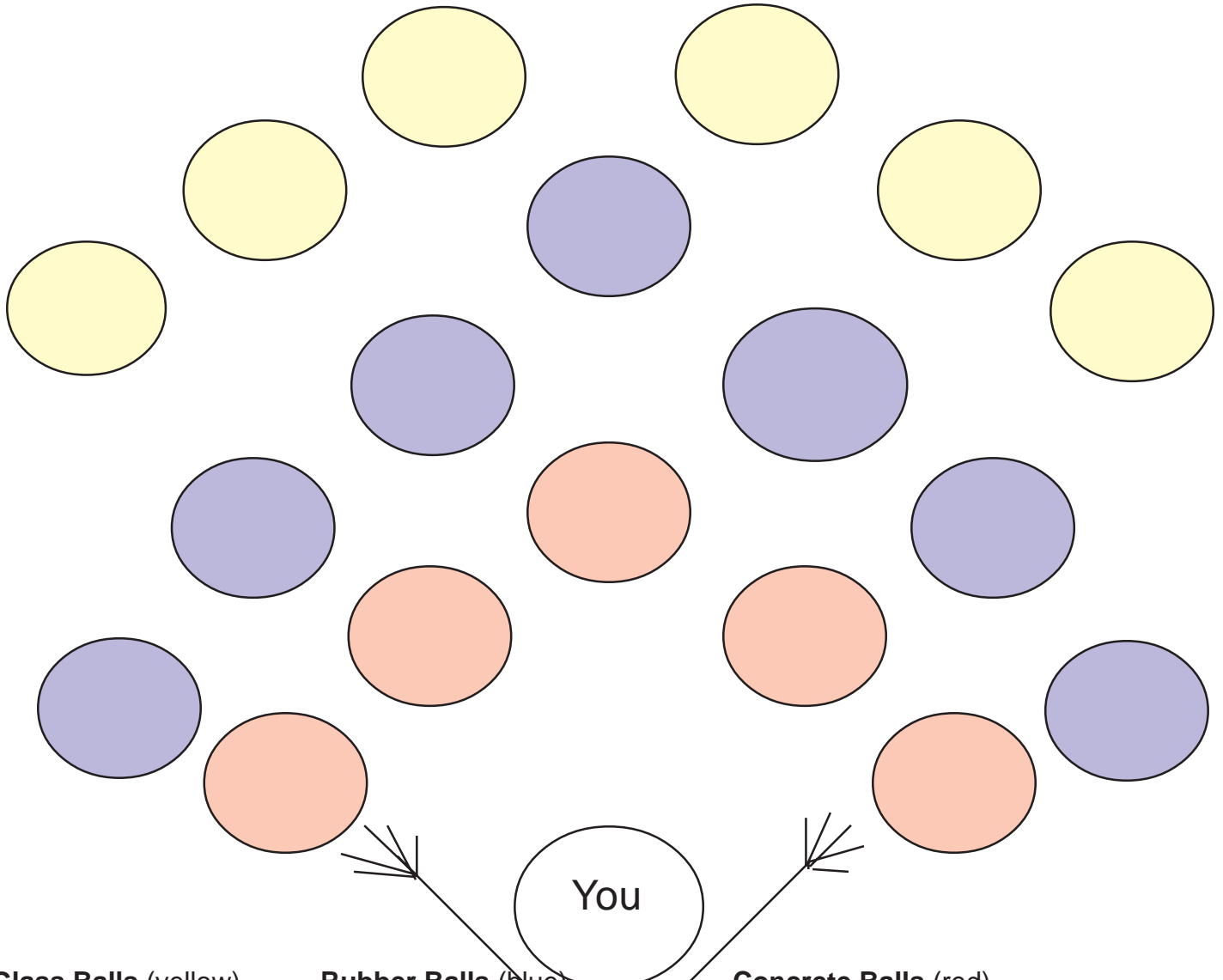


# Juggling Life's Balls Exercise

We juggle three different types of balls everyday. Glass balls, which will break if we drop them. Rubber balls, which will bounce back. And concrete balls which are just too much for us to juggle at all. This exercise will help prioritize our day by showing us which balls we need to make sure we keep up, which will bounce back if we drop them, and which ones we need to let go of. Make a list of all the responsibilities/roles you feel you juggle each day. Then identify which are glass (thus priority), which are rubber (important, but not the end of the world realistically if you drop them), and which are concrete (you can't juggle them and need to get rid of them.) Label the balls. (Yellow are glass. Blue are rubber. Red are concrete.) The next step is to look at your schedule and make sure you have adequate time for each of the glass balls each day. Schedule it in. Protect it. Then make an action plan with steps of getting rid of the concrete balls.



## Glass Balls (yellow)

- 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
- Schedule time for these in your schedule.*

## Rubber Balls (blue)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

## Concrete Balls (red)

- 1.
  - 2.
  - 3.
  - 4.
  - 5.
- Make an action plan for how you can get rid of these balls. (ie., delegate them or just drop them for now.)*