

# Finding Balance: A Lifelong Project



EMPLOYEE  
ASSISTANCE  
PROGRAM

In this high-paced, high pressured world, finding balance is a challenge for everyone.

## WHAT IS BALANCE?

Balance is a GOAL or a desired state rather than a sustained state of being.

It is a striving for equal amounts of SATISFACTION in our personal and professional arenas.

It is a PROCESS that continues throughout our lifetime.

**Balance is NOT about investing equal amounts of time and energy into all areas of your life.**



Balance is: **PERSONAL**, based  
on **PRIORITIES** and requires  
**PATIENCE.**

## **Personal**

Balance  
doesn't look  
the same for  
everyone.  
Resist the urge  
to measure  
your balance  
against others.

## **Priorities**

Discover your  
values. Then  
invest time  
and energy  
into things  
that are  
important and  
that you like  
to do.

## **Patience**

Balance is a Lifelong Project. It takes  
time to see progress. Take small steps  
and commend yourself on any success