

# 12 LIFE SKILLS

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## Session Five – Balance

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### Making Time for Work, Play and Rest

#### Introduction

Definition of balance: An even distribution of time and energy enabling you to be steady.

- I. The Fraction
  - A. Relationships
  - B. Self-care
  - C. Recreation
  - D. Work
  - E. Service
  
- II. Balance requires 5 energy sources
  - A. Relationships
  - B. Self-care
  - C. Recreation
  - D. Work
  - E. Service
  
- III. Balance means saying no to energy drains