

OPPORTUNITIES WOMEN MOVE FORWARD

BALANCE

As you take another step toward your present and future opportunities one of the most important seeds to plant is the seed of “balance”

Remember, whatever you sow will grow. Make sure that you are growing the right things that will help you progress in this season of your opportunities. Otherwise, you will paralyze and cripple yourself as well as others.

Everything in life needs some level of balance in order to be productive, positive and powerful. Every woman pursuing her opportunities also needs these attributes.

B: Brain Fitness

Your brain is involved in everything you do. It makes healthy or unhealthy choices that affect your quality of life.

Strengths and Weaknesses of the Female Brain:

Strengths

- Takes physical and mental health more seriously
- Admits problems faster
- Seeks help and community support faster
- Worries more about her health
- Engages in fewer high-risk behaviors resulting in a healthier brain
- Greater judgement, empathy and self-control
- Lower incidence of ADD, autism, substance abuse, and anti-social behavior

Weaknesses

- Worries more
- Has Trouble turning off her brain
- Always thinking, thinking, thinking...
- Repeats the same issues over and over again
- Focuses too much on the problem, even when there are not any
- Higher incidence of anxiety, depression, body image issues, eating disorders, physical stress symptoms and perfectionism

A: Appreciate Today

You cannot control tomorrow, but you have today waiting for you to enjoy and appreciate.

L: Lifestyle Adjustments

What do you do with your life? If it needs adjusting in order to get better and healthier life results, then adjust it TODAY!

A: Attitude Adjustments

What results are you getting from your attitude? If the results are not what you want then adjust or delete the attitude. It's your attitude to do what you want with it.

N: New Experience

Create and schedule some new experiences. They will help eliminate a mundane and off balance life.

C: Cool Out

The number one issue that causes out of balance living is high levels of stress. Take some time for you and only you. Cool Out!

E: Evaluate

How balanced am I really?

What you do not evaluate you cannot change! You need to know whether or not you are making any progress.