

# Drop The Juggle

When you're clear on what's important to you, you find that what you're spending time on answers a greater purpose.

Q1. What are the things in life that you juggle? (Write them down and discuss)

Q.2 In what way can juggling these things become overwhelming?

Q.3 When you see people who seem to juggle life so well, what do you see that looks so impressive?

"As women, we need to learn to choose wisely so that all the things we become involved with are in some way connected to the overall purpose for our life"

Q.4 If your life was a pie, what passions or values would make up your 'flavour'? (In other words, what is most important to you?)

Q.5 How does the way you currently spend your time compliment or fight against these values?

Q.6 What do you see being a benefit to looking at life as a pie rather than a juggler attempting to juggle balls?

Q.7 What would the pieces of your pie represent? Would you answer the same way you did in Q1 or are there some differences? Why?