



Life Balance Tug-Of-War



Being happy and balanced	Center		Being sad and unhappy
Happy	← Happily married		Not happy
High	← Healthy		Low
Close		Close friends and family are far away →	Far
High	← A lot of positive energy from the babies		Low
All the time	← Working on exciting projects		Randomly
High		Need more quiet time →	Low
True	← Living in a great location for me		False
Plenty of time		Not enough time for exercise →	Not enough