

# Keeping Balance in My Daily Life

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Last summer, I made a commitment to expand my own personal growth when I discovered that I would not have my college son living at home during the summer break. When reviewing the list of activities that I planned to complete during the summer, I found the following mixed results:



I increased my exercise routine by walking at least three times a week. Now I am focusing on moving and exercising daily. I am also committed to finding a friend to walk with to increase my exercise goals throughout the school year.

Although I read many work-related books, I still have not found the time to enjoy leisure reading. I plan to find more time for relaxing with books in the future.

As a commitment to make time for visiting friends, I walk every Saturday that I am home with my cousin. On

Sundays, I started meeting a friend for coffee. I am also participating in a series of leadership seminars in northern California and plan to see friends when traveling.

I continue to take the time to be a kid for a day with my spouse. We traveled to Chicago and bicycled along Lake Michigan. We took leisurely walks along the Santa Monica Pier. We visited Northern California and Camarillo for added play dates this fall season. Finally, I excelled at getting my house organized for another school year. I cleaned out my kitchen cabinets and one of my bathrooms. I gave away over 10 sacks of papers, brochures, and collectibles. And I donated over 100 professional books to the library or gave them to teachers.

## Reflection

Although I accomplished much this past summer, I continue to increase my daily exercise routine and play with my friends to feel relaxed and refreshed during another busy school year.

Relish the beauty of these lovely fall days. Play hard, work hard, and take the time to reflect on all that is good in your life.

Yvette

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