

A quality life is a life lived on purpose, in balance and in healthy relationships with our Creator, others and ourselves!



Balancing life can be just as tricky as trying to balance a tray full of plates! Often we feel alone as we try to live effectively in a personal world full of demands and an outside world that is constantly changing. But we're not alone! Others, as well as we, are asking:

- How do I make life work?
- What is my real purpose?
- How do I get ahold of my time?
- Where can I find supportive relationships where I can grow and contribute to the growth of others?

If you have already experienced a LifeQuality seminar, this 5 session course may be the next step for you in discovering and developing your own quality of life!

“Life Balance” A LifeQuality course

Explore a deeper level of personal balance in a supportive small group with fellow seekers. By the end of the course you will:

- 1. Understand what a “balanced life” really is.** Not only how to keep life's plates on the tray, but how to decide which ones to put on the tray and in what order! And determine whether your life is “in balance” or “out of balance”.
- 2. Discover what is at the center of your life.** And discover how I am spending my time and how I can keep from being driven by the “tyranny of the urgent”
- 3. Explore a way to check your values and discover truth which can help you develop better values.** Why was Jesus of Nazareth so effective as a person? Rediscover the values that formed the basis for his effectiveness
- 4. Create your own personal mission statement.** God has created you for a purpose. You will have the opportunity to rewrite your “script” according to that purpose.
- 5. Develop a personal, practical “balance plan”.**

Recommendations of others about LifeQuality training:

- “I left feeling like I could go into my world with a new perspective. I have the tools now to build relationships in my life with a stronger foundation.” *J.A., Receptionist, Littleton, CO, U.S.A.*
- “It was the opinion of our staff that this seminar was very worthwhile. It especially opened their eyes to the fact that everyone is not alike and that each person has something to bring which needs to be empowered in good teamwork in the workplace. The seminar was fun. The instructors were easy-going and easily drew out the interest and curiosity of the participants.” *A.K.F., managing director, Einar Farestveit & co., Reykjavik, Iceland*
- “Personally and professionally I am better equipped to help others and serve others.” *K.K., School administrator, Telford, PA, U.S.A.*
- “The ‘Understanding the Love of Your Life’ seminar gave me a deeper insight into the strengths of my spouse and what a wonderful individual she is. It also increased my desire to adjust to meet her needs.” *Rev. M. Björnsson, Garðabær, Iceland*

Balanced Life is one of several programs which are offered through
LifeQuality International.
Each **Balanced Life** seminar is led by one or more of our specially-
trained **LifeQuality** facilitators.



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