

## Being Balanced

Heavenly Father's Revelation to me while I was struggling with life's challenges. I want to share with anyone that can use this information.

- Do not run faster than you are able
- Get enough sleep
- Eat good food-do not put anything in your body that would harm it
- Get enough physical exercise
- Get organized
- Enjoy the little things, time with family and friends
- Express a talent
- Don't worry-Heavenly Father is in charge
- Exercise greater faith
- Heavenly Father loves you
- Follow the spirit
- Repent daily. Remember what the Savior did for you
- Do not harbor ill feelings toward anyone. (even if you are balanced in other areas, this one thing will throw you off balance. Love God, love life and love all people).