

Crown Guidance

stop performing, start becoming

Balance

"Balance isn't about doing it all - it's about protecting what matters most...and that's you."

- Marisa DeVicaris

Balance isn't about doing it all. It's about choosing what matters, protecting your peace, and giving yourself permission to rest. For us, balance means setting boundaries in a world that constantly asks for more. You are allowed to say "no" so that your "yes" means something.

Picture this: You've got a big exam tomorrow, but your friends are begging you to go out. Part of you feels guilty for saying no, but balance is recognizing that protecting your peace tonight matters more. By choosing to study and rest, your "yes" to hanging out another time will feel genuine - not forced or draining.

Ask yourself:

- *Where do you feel most drained right now?*
- *How can you set one small boundary this week to give yourself more room to breathe?*

These are the kinds of questions that spark real conversations - honest, vulnerable, and the kind that shift how you protect your time, your peace, and yourself.

Your Crown Reminder: Not everyone deserves your energy - so protect it.