$oldsymbol{B} \qquad oldsymbol{A} \qquad oldsymbol{L} \qquad oldsymbol{A} \qquad oldsymbol{N} \qquad oldsymbol{C} \qquad oldsymbol{B}$

- B- Be realistic with what you can do and what you cannot do
- A- Allow time for yourself
- L Learn to set your priorities
- A- Adjust your schedule when needed
- N- Never neglect spiritual Nourishment. You need spiritual nutrients for your soul daily.
- C- Coordinate and Collaborate when working with others
- E- Enjoy life!