

What balls you juggle?

1 - Which are your 7 balls?

Write down which are your seven balls (friends, family, work, hobbies, etc.)

2 - Which are your rubber balls today?

What will bounce back? Which ball could you drop without damaging it? Write down here your thoughts: :

3 - Which are your glass balls today?

Which ball would be damaged or shattered if you dropped it today? Write here your thoughts:

4 - Village alignment

Whom have you told which are your rubber balls and which are your glass balls? Write the names here. :

5 - You're part of a village too

Who has told you which of their balls are rubber and which are glass? How are you going to help them juggle the glass ones today?

6 - Reflection

Which balls would you usually consider rubber ones? why?

You Coach You

Which balls would you usually consider glass ones? why?

Next steps

Keep a weekly journal of which balls you consider rubber ones and which ones you consider glass ones and then reflect on your decision-making process and how you communicate that with your village. Get in touch to learn more!

