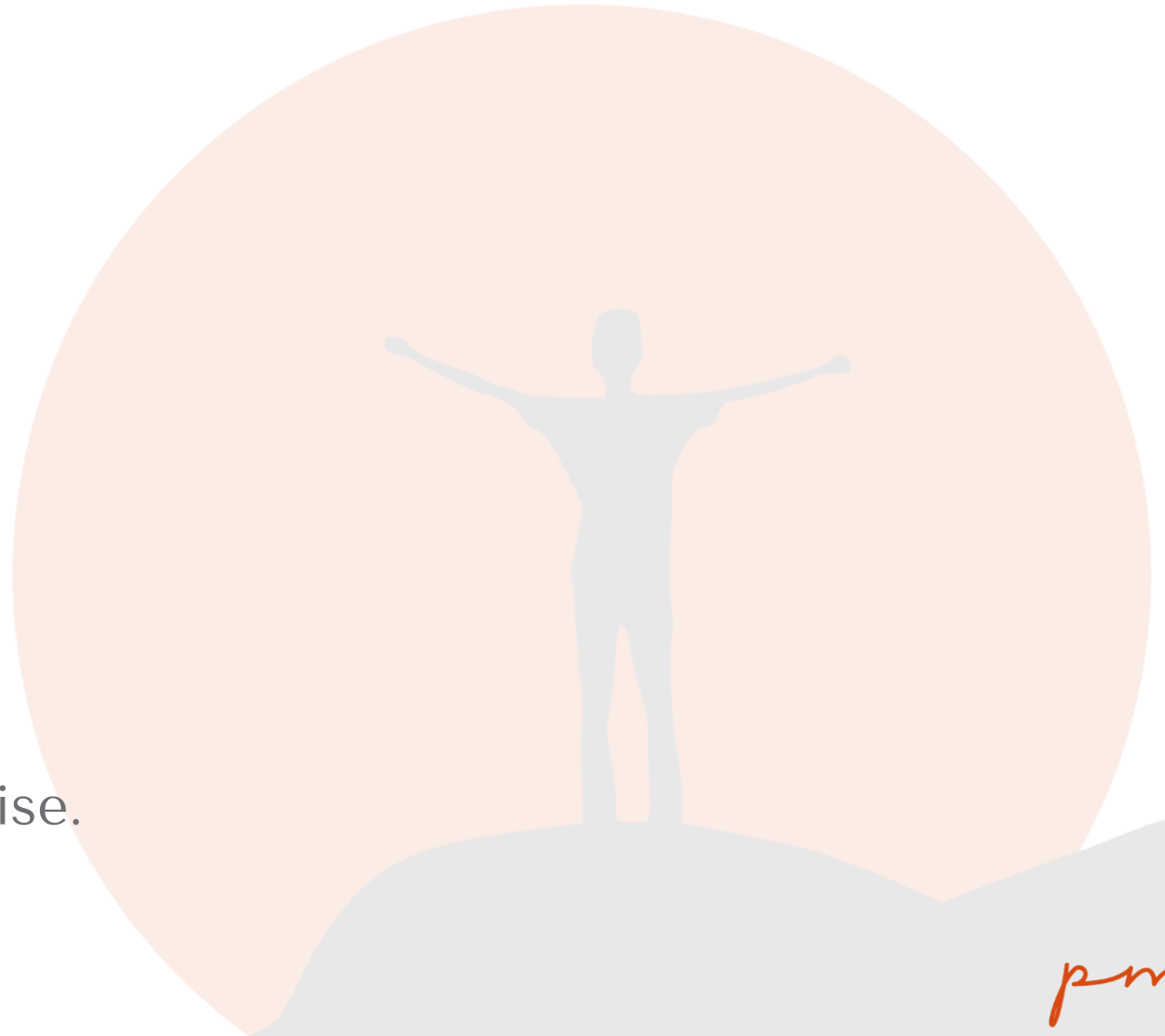


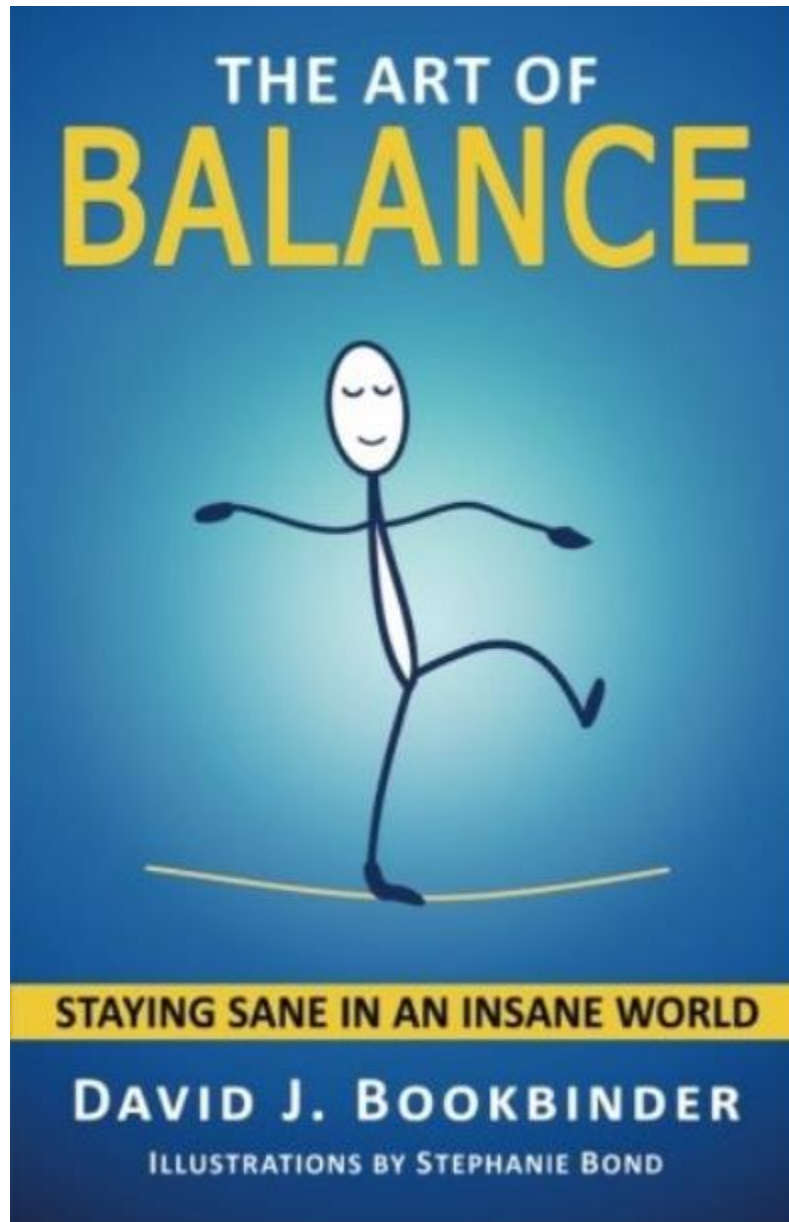
Mastering the Art of Balance

Become Unbreakable.
Achieve Success without Compromise.



pm[®]

SUCCESS
WITHOUT
COMPROMISE
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“

Balance is the immune system for our mental and emotional well-being.

”

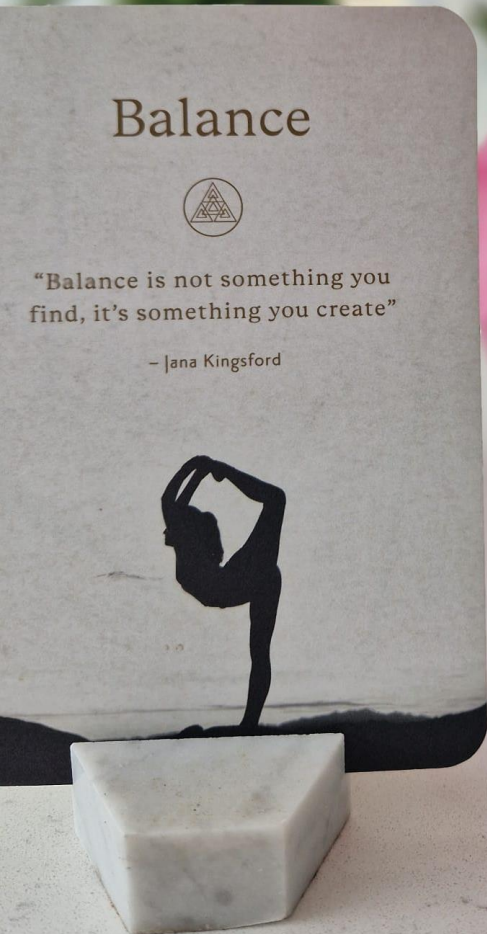
David J. Bookbinder

pm^o

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Is created because it is...

- Unique to us
- Continually evolving
- Residing within us
- Within our control
- A pro-active choice



What do you
notice when
you're out of
balance?



MULTI-TASKING



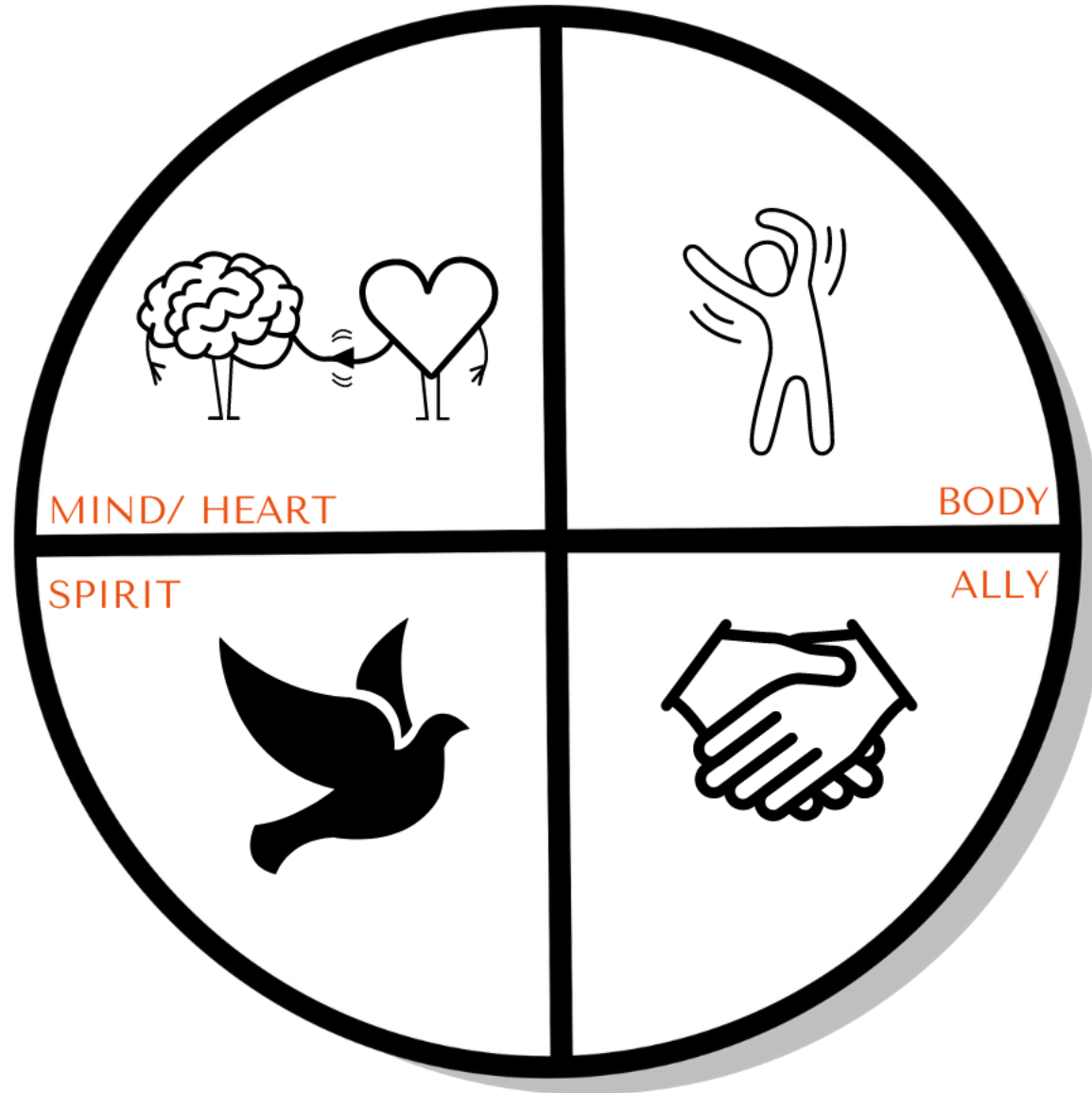
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How can we
ground
ourselves, and
regain balance?

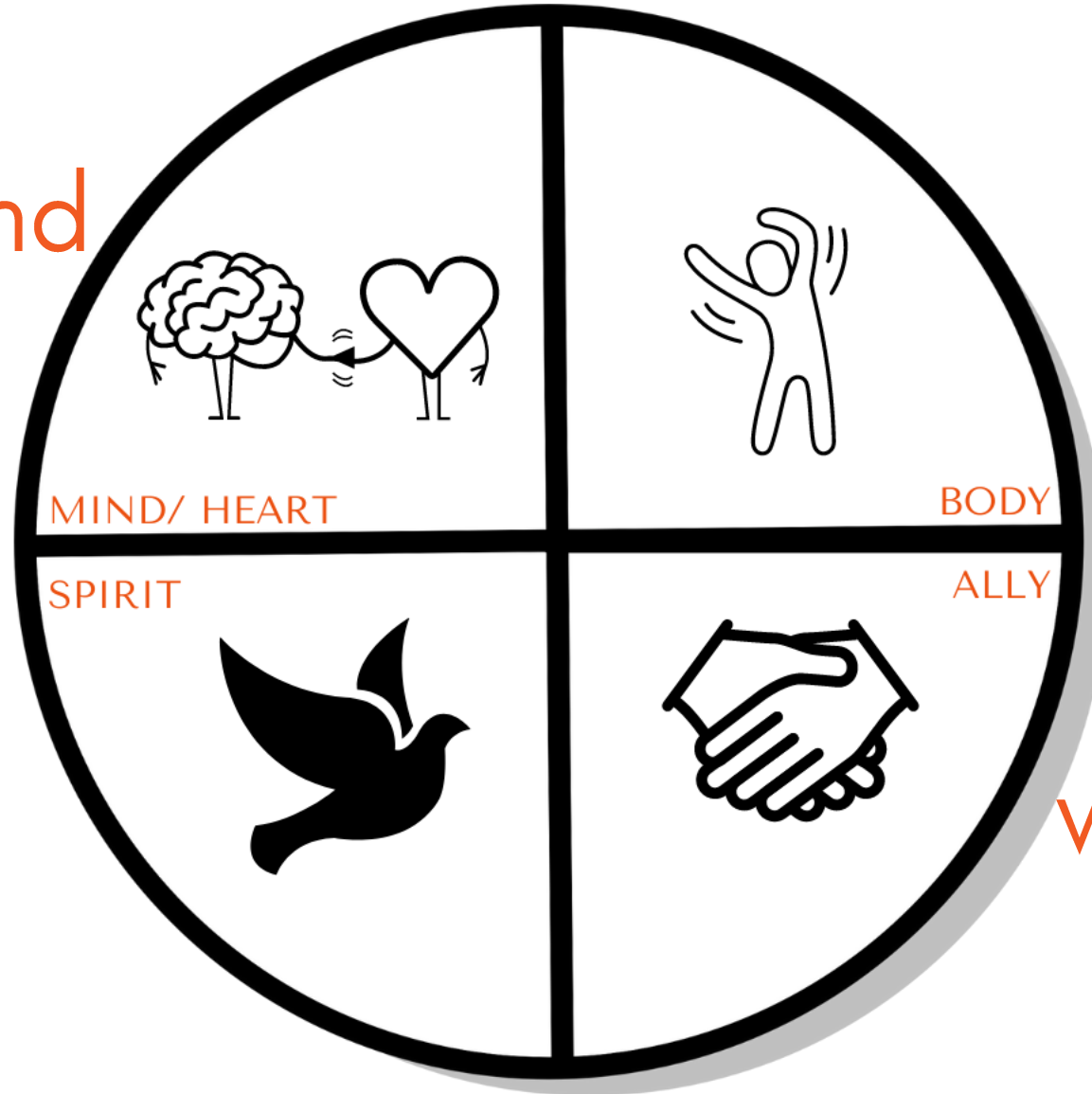
THE MEDICINE WHEEL



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THE MEDICINE WHEEL

What does
your heart and
mind need?



What does
your body
need?

What does
your spirit
need?

Who or
what is your
ally?

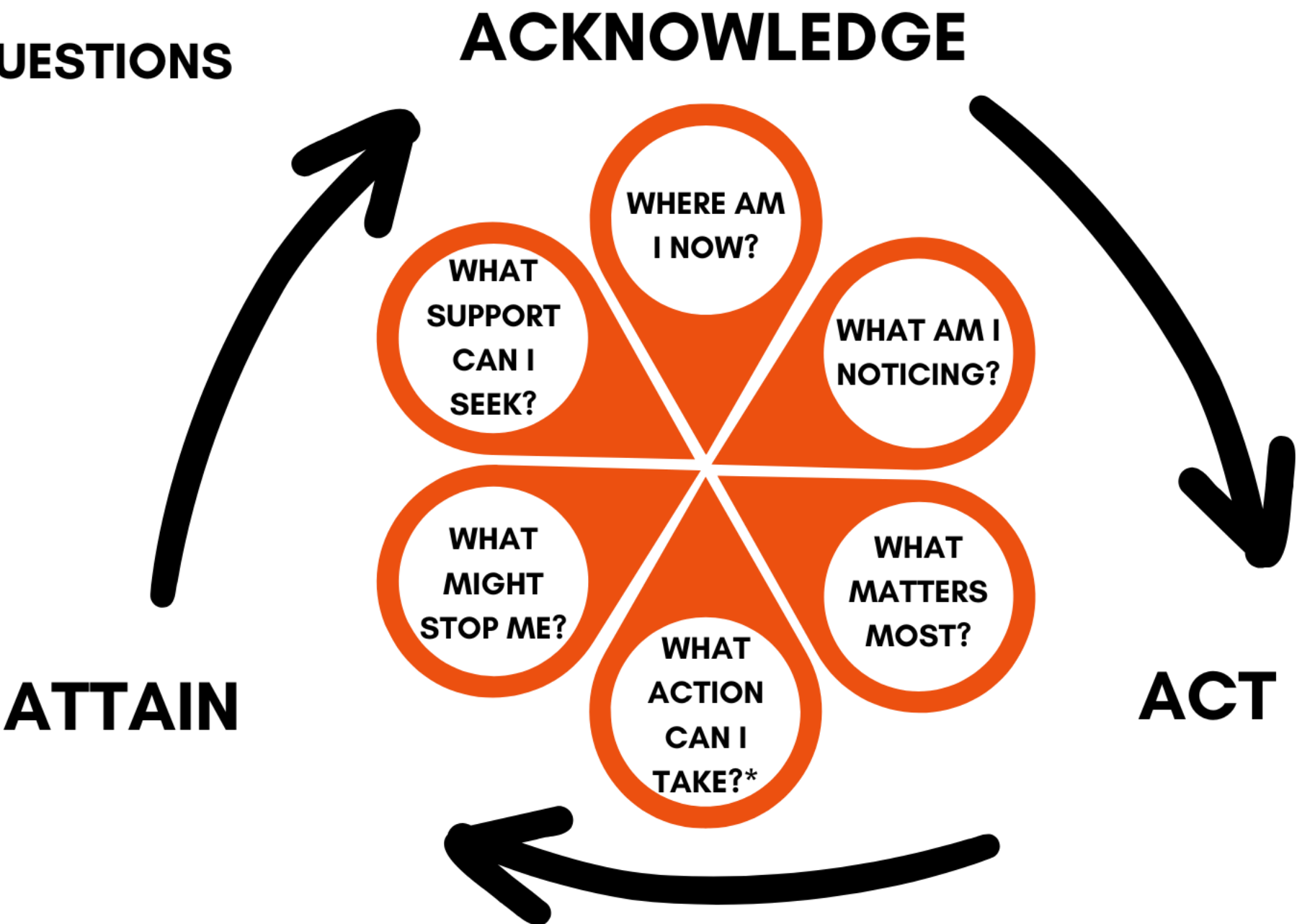
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The Miracle
Question...



**3A'S &
6 BASELINE QUESTIONS**



**WITHIN MY CONTROL*