



# THE 3-DAY CHALLENGE

# BRING BACK BALANCE



## WELCOME TO DAY 3 OF THE BRING BACK BALANCE CHALLENGE!

On Day 1, we acknowledged that we have the ability to carve out time for ourselves and we took 30 minutes out of our busy days to do something purely for our own enjoyment. It felt good, right?

On Day 2, we took time for self-reflection and looked at where we would like our lives to be in five years' time.

So, with a clear idea of what you would like your life to look like in the future, knowing that time does exist, and feeling the benefits of making time for yourself, what's holding you back from making the changes to achieve the work-life balance you desire?



## *Challenge ...*

Take a look back at your notes from Day 2 and remind yourself of what you would like your life to look like in five years' time.

I now invite you to take 15 minutes to consider some of the hurdles that you believe could prevent you from achieving that ideal future.

**What practical issues are standing in your way?**

**What are you worried about? What are you anxious about?**

I imagine that your answers feel pretty overwhelming, and it is perfectly understandable why you would resist change. But consider this: **Are any of the reasons you listed really good enough to stop you from at least trying to create a more balanced life?**

You've already had a glimpse of the benefits of making time for yourself. You know how you will feel once you've achieved a balanced life. Why not give it a real go?

I leave you with this final task: Make a promise to yourself that for the next 7 days, you will take at least 30 minutes each day to do one thing that is purely for your own enjoyment. It doesn't have to be the same thing each day - just something that's just for you.

***Let's start making your well-being a priority.***