

Is there balance in your life?

Work

Play

Giving

Receiving

Serious

Humor

Activity

Rest

Serving

Being served

Joy

Sadness

Pushing on

Easing back

Being home

Get away

Togetherness

Solitude

Change

Status quo

Noise

Quiet

Excitement

Calm

Relaxation

Anticipation

Confidence

Uncertainty

To everything there is a season and a time for every purpose under heaven.

-- Ecclesiastes 3:1

**From: A healing presence ministries in health & wholeness (p. 142)
The Benedictine Resource Center**