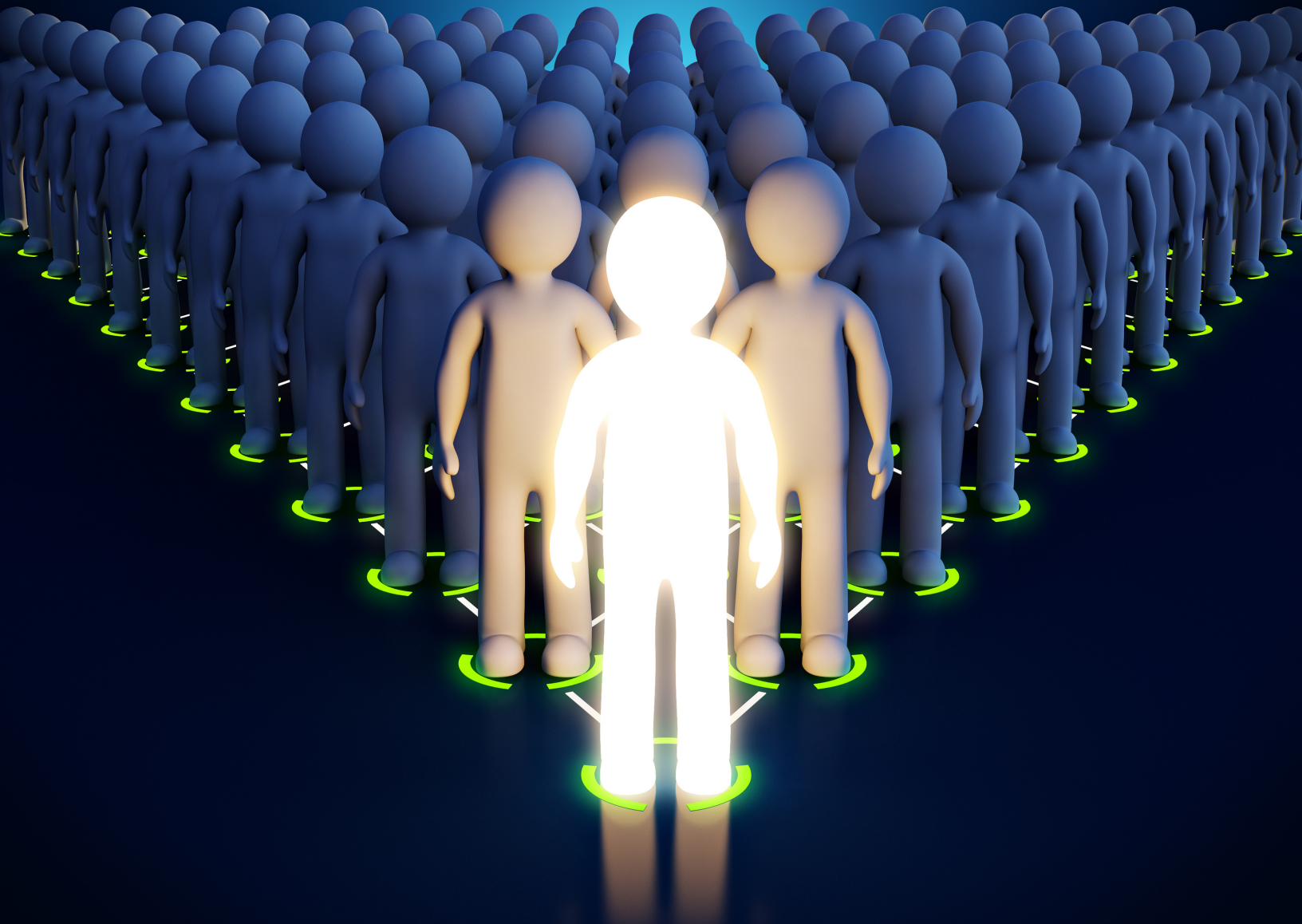




THE
JOHN BARRETT
LEADERSHIP PODCAST



LEADER GUIDE





Episode 4: The Secret To Finding Balance

NOTES:

The secret to finding balance is not searching for balance...it's in creating _____.

Living in balance is simply an _____ of creating _____.

3 Tips To Help You Create Boundaries:

1) Draw _____ Around Your Day.

Parkinson's Law says: Work shrinks or expands based on the time allotted for its completion.

2) Only _____ What _____ You Can Do.

Stay in your _____ zone.

3) Stop Being Controlled By _____ & _____.

It doesn't mean you won't _____ guilt and anxiety, but don't allow your guilt and anxiety to have _____.