

*For Further Reflection and Discussion with Others*

1. What area of your life tends to dominate your focus and attention? Why?

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2. How would your spouse or closest friend describe the balance in your life?

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3. Who comes to mind when you think about a public figure who imploded? What can you learn from his or her situation?

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4. Read Romans chapter 12. What insights can you glean from that passage regarding establishing mental, physical, emotional, spiritual and social balance in your life?

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5. When have you been tempted to think “more is better”? How does that play itself out in your life?

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6. What hinders you from making the necessary changes to regain balance in your life? What can you do about it?

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7. What action step are you willing to commit to right now, to begin the process?

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