



SMALL STEPS *back to you*

THE JUGGLE IS REAL

OK, we're all the same. We are all juggling a million balls! But here is a little analogy that I want you to think about, as you trip into overwhelm. As you do, as we all do, when things get busy, and when someone gets sick. Or, if a parent is unwell, or any of the things. I want you to come back to this analogy.

I want you to be thinking about your priorities in life being balls that you're juggling. Literally, balls. And so, when we're going through a really crazy time, it's getting to be like, 'Whoa, I've got to be over here, but I've got to keep these balls in the air. Help!' Or, 'Oh my God, this friend needs me, but I'm still juggling, juggling, juggling.'

Here's what I do. I'm like, 'Oh my gosh, they really need me over there. I'm just going to let that ball drop, that ball drop, and so I'm just going to keep these ones in the air. Because that feels achievable, while my attention is over here.' Cool. Done. Then when I don't need to do that, I can be like, 'Oh yeah, look at me. Juggling all the balls, this is easy!' Until, 'Oh my gosh, gastro is in my house.' Slowing right down.

Here's how I decide what to not drop. I think about my glass balls. So, which are the ones that, if they drop, would literally shatter? And which are the ones that, if they drop, would just bounce back? They're my rubber balls.

So, your worksheet today is all about balls. So, I want you to think about what are your rubber balls? What are the ones where, if they drop, nothing bad is going to happen? But even in the hardest moments, there are going to be some balls that you just can't drop. There are your glass balls, and they're the ones that really matter, when very little else does.

So, for you, it might be your daily meditation is a glass ball. Can't do without it, will not do without it. It is a glass ball, it keeps everything else afloat. Awesome. It might be your family's health. So, a glass ball might be, you know, having a child with special needs, or just our family's health in general, is one of those glass balls where we don't want to be dropping that one. And so, we do the



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things that we need to do, to keep that ball in the air.

But your rubber balls might be ironing, or they might be saying, 'Yes,' to everything you're invited to. They might be weekend sports. They might be anything. Anything that you can think of that your life could actually do without, if push came to shove. Get really clear on what your glass balls are, and then just focus on them. And you can let the other things drop when, and if, you need to.

I think sometimes, we forget we choose to put all these things on our plate. And we don't have to. There's actually very little that is really, truly important in life. And I think as a generation of women who feel that constant overwhelm, we can choose our glass balls, we can keep those in the air. And we can forgive ourselves, 100% and completely, when those rubber balls drop. Because here's the thing. If someone else is judging you for you having a few balls lying along the ground, and, kind of, sadly petering there, bouncing out, it's their problem. It's not yours.

Good luck defining your glass balls and your rubber balls, and come back to this when the going gets tough. Remind yourself that keeping those glass balls in the air is a freaking amazing job, and you should be so proud of you. See you soon!