

Doing the work that achieving a ‘balanced love life’ often demands.

Rate yourself in each of the following areas:

_____ Love of God

_____ Love of the significant others in my life

_____ Love of my neighbor-not as well known

_____ Love of self

1. If you’re going to add something to achieve a better balance...it usually means giving up something. For example, if you need more time to be with a good friend...then you will have less time for something else you currently do.

What do I need to add/do/adjust to achieve a better balance?

What will I need to give up or change that I’m currently doing in order to create the time needed to do these things?

2. Achieving balance may necessitate disappointing someone or a group of people.

Who am I afraid to disappoint? Is there anyone I fear may reject me?

What is the cost if I don’t make the change I know will lead me to a better balance?

3. New patterns/habits/disciplines take at least 90 days to establish themselves.

What do I need to intentionally and regularly commit to for the next 90 days in order to establish a new pattern that I know will make my life more balanced and content?

What do I think will be my biggest roadblocks to achieving this new pattern?

4. Most of us need 'extra ordinary' help to change patterns that we've become accustomed to. God stands ready to help us if we truly want help to lead more balanced lives.

What help do I need from God/a small group community/an accountability partner to help me achieve a more balanced love life?

How do I plan to get the help I'm going to need to hold fast to my desire to achieve a more balanced life?

5. Change requires hard work and discipline.

Where are you apt to grow lazy and not do the hard work that balance may require?