



BACK TO YOU

THE JUGGLE IS REAL

Okay, 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 will, 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 going 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, oh, 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. And 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." Pull, pull, pull, slowing right down.

Here's what 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's going to be some balls that you just can't drop. There's the 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 that, 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 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.



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And so we do the 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 every thing 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. Someone else is jumping you for you having a few balls line along the ground and kind of sadly petering, they're 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 fricking amazing job, and you should be so proud of you. See you soon.