

# WORK LIFE BALANCE

## The Power of Enough

No  
Priorities  
Flexibility  
Small, Slow, Steady  
Mindfulness

"If I had only one hour to save the world, I would spend fifty-five minutes defining the problem, and only five minutes finding the solution." Einstein

Ecclesiastes 1:2-4, 8(Voice): Life is fleeting, like a passing mist. It is like trying to catch hold of a breath; All vanishes like a vapor; everything is a great vanity. What good does it do anyone to work so hard again and again, sun up to sundown? All his labor to gain but a little? One generation comes, another goes; but the earth continues to remain... Words, words, words! So many words! They are wearisome things; and yet people cannot refrain from speaking. No eye has ever surveyed the world and said, 'I have seen enough'; no ear has ever listened to creation and said, 'I have heard enough.'"

Ecclesiastes 5:10(NIV): "Whoever loves money never has enough; whoever loves wealth is never satisfied with their income. This too is meaningless."

Ecclesiastes 6:3(ESV): "If a man fathers a hundred children and lives many years, so that the days of his years are many, but his soul is not satisfied with life's good things..."

Ecclesiastes 6:9(NLT): "Enjoy what you have rather than desiring what you don't have..."

Doer- focused on results, goals, action, productivity. Get it done. Struggle with discontentment and burnout

Beer- focused on being fully present. Experiencing life as it is. They value the moment. Deep connection to themselves and others. Struggle with motivation.

Elohim Vs. Yahweh  
Cain Vs. Abel  
Esau Vs. Jacob  
Matha Vs. Mary  
Truth Vs. Grace  
Works Vs. Faith  
godliness Vs. contentment

1 Timothy 6:6(NIV): "...godliness with contentment is great gain."

"Discontent is the source of all trouble, but also of all progress, in individuals and nations." Bertrand Russell

Philippians 4:12, 13(NIV): "I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength."

"Contentment is not the fulfillment of what you want, but the realization of how much you already have."  
Anonymous

Practice God's Priorities

"The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness."  
Exodus 34:6(NIV)

The way you START your day will CHART your day

*All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.*