

## LIFE AND JUGGLING

*Imagine life as a game in which you are juggling five balls in the air. You name them Work, Family, Health, Friends, Spirit – and you are keeping them all in the air.*

*You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls – family, health, friends, and spirit – are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same.*

*You must understand that and strive for balance in your life. How?*

- 1. Don't undermine your worth by comparing yourself with others. It is because we are different that each of us is special.*
- 2. Don't set your goals by what other people deem important. Only you know what is best for you.*
- 3. Don't take for granted the things closest to your heart. Cling to them as you would your life, for without them, life is meaningless.*
- 4. Don't let your life slip through your fingers by living in the past or the future. By living your life one day at a time, you live all the days of your life.*
- 5. Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.*
- 6. Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us together.*
- 7. Don't be afraid to take risks. It is by taking chances that we learn how to be brave.*
- 8. Don't shut love out of your life by saying it's impossible to find. The quickest way to receive love is to give; the fastest way to lose love is to hold it too tightly; and the best way to keep love is to give it wings.*
- 9. Don't run through life so fast that you forget not only where you've been, but also where you are going.*
- 10. Don't forget that a person's greatest emotional need is to feel appreciated.*
- 11. Don't be afraid to learn. Knowledge is weightless – a treasure that you can always carry easily.*
- 12. Don't use words or time carelessly. Neither can be retrieved.*



*COURTESY OF NORTHERN STATE BASKETBALL*

*Life is not a race, but a journey to be savored each step of the way. Yesterday is history, tomorrow is a mystery, and today is a gift. That is why we call it “the present.”*



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