

Embracing the Balancing Act

Balance: An even distribution of weight enabling someone to remain upright and steady; to keep or put in a steady position so that it does not fall



Fun
Field Faith
Friends Family
Fitness
Finance

RESOURCES & REFERENCES:

Books: Oola/Oola for Women, 5 Second Rule, anything by Greg Wasinski
Scripture: Eph 6:14 (Armor) / Eph 2:10 (Masterpiece) / Ps 46:5 / Is 62:3.
Prayer Board Ideas: <https://247moms.com/2014/05/6-prayer-board-ideas/>
Essential Oils Used: Believe blend, Abundance blend, lavender.
Contact Carrie: carrie@carriefordmusic.com / 716-912-0869 text.
Song: God I Look To You



With
Rachel Tibold

Birth Doula, Raindrop therapy specialist, mom to 5 girls, LMBM supporter, prayer warrior...
Sister in Christ!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

1

BALANCING ACT: ORDER THE 7 F'S - TAKE 1

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

After prayer & discernment, see if this list should change. What changes are needed for balance

2

KILLER COMPARISON

Identify the tops 3 ways you compare yourself to others then prepare to give them to God!

3

MY MANTRA

Speaking life over yourself, your life and your relationships can be transformative!