

Kimberly DuBrul Coaching

YOU. AT YOUR BEST.

THIS VS. THAT



Balanced thinking is intentional thinking. What you allow your mind to be consumed by. These are a couple of sentences I wrote in my journal not long ago. It spurred a stream of thoughts about the dynamics of things. These are all nooks and crannies of our lives to consider- pick one and think and write about it, pick them all! Maybe just meditate on what they mean to you. Check out the balance of:

CHECK ONE OR THE OTHER

This ___ **VS.** That

- | | | | | | |
|----------------------|-----|-------------------|----------------|-----|-------------------|
| Effort | VS. | Rest | Storing things | VS. | Cleaning out |
| Alone time | VS. | Time with others | Holding on | VS. | Letting go |
| Inside | VS. | Outside time | Learning | VS. | applying |
| Eating healthy foods | VS. | Comfort foods | Saying yes | VS. | No |
| Working | VS. | Playing | Hope | VS. | Reality |
| Self care | VS. | Caring for others | Controlling | VS. | Trusting |
| Spending | VS. | Saving | Family | VS. | Friends |
| Staying home | VS. | Going out | Quiet time | VS. | Noisy time |
| Focus | VS. | Breaks | Invisible | VS. | Visible |
| Awake | VS. | Asleep | Stage time | VS. | Behind the scenes |



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