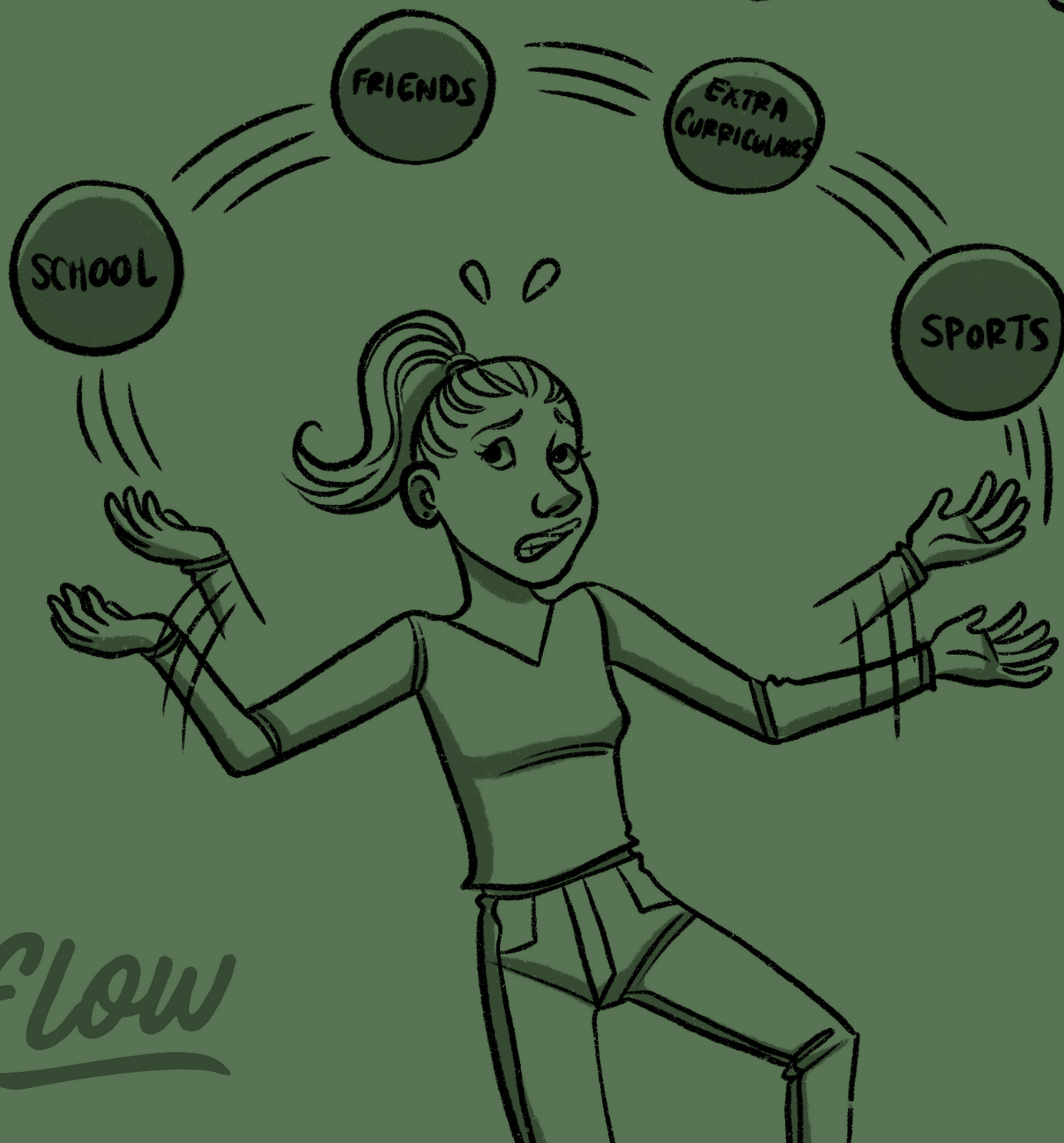


It can be easy to have a full schedule + still feel like you aren't doing enough.



You look at
other people who
are managing all
of that + more +
wonder....



What is
wrong with
ME?



It makes you start to question
your own value.

"I could
never balance
all that...
Maybe I'm
just lazy
and weak."





You never know what's going on behind the scenes, though.

Every person needs different kinds
of rest, and different amounts
of rest to balance their lives

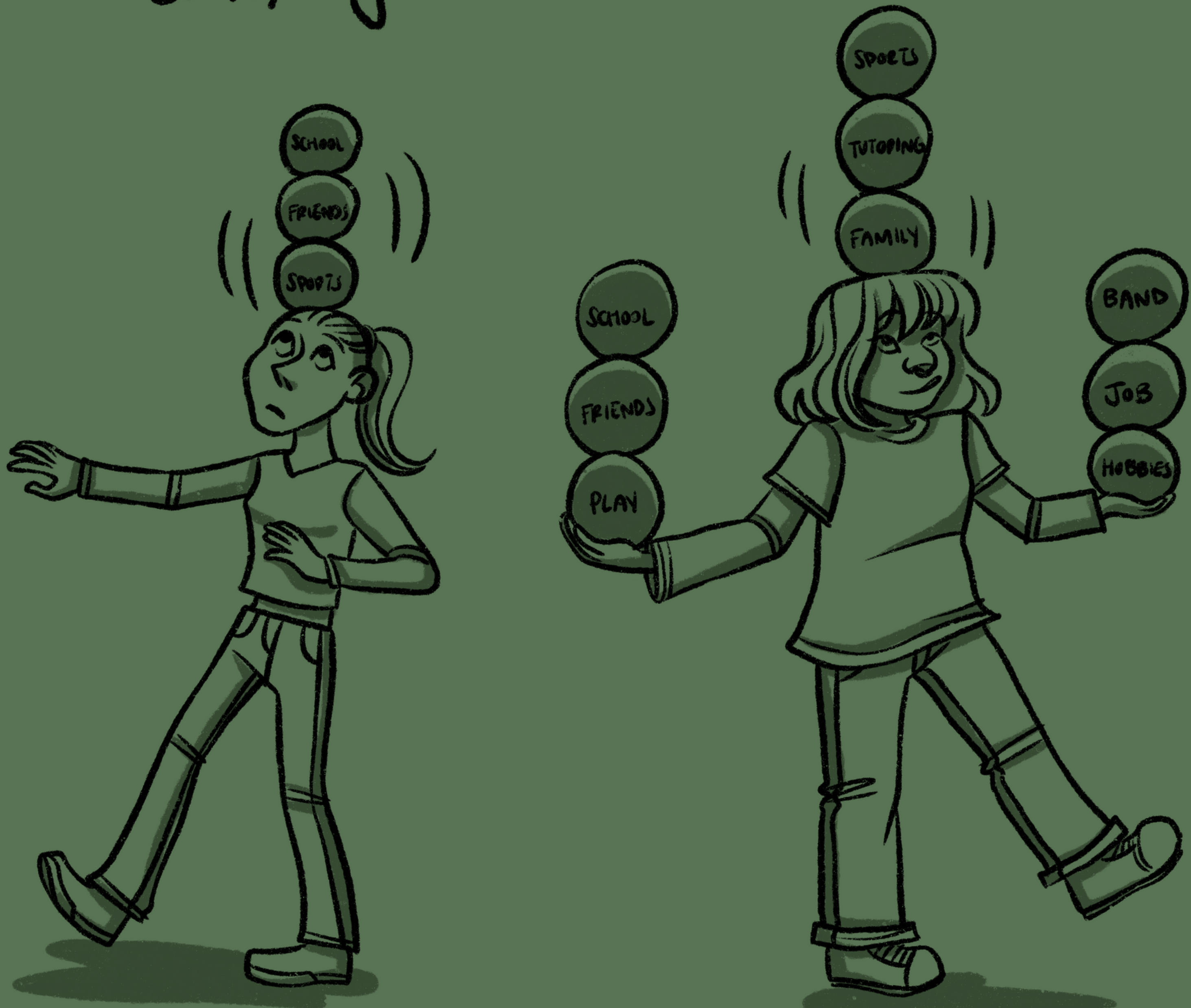


It's impossible to compare, because
every person is unique.



In fact, it's when we deny ourselves the rest we need that we can start to drop the ball more, & not do as well at the things we juggle.

So, if all you can manage is still less than what your friend can, just remember...





... All that matters is that you take care of yourself + what your needs are.