

FINDING YOUR BALANCE: STRUCTURE & FLEXIBILITY

Both **structure** and **flexibility** are keys to thriving, but too much of either can be counterproductive. Think of the balance like a seesaw: finding your sweet spot is the key!

Why STRUCTURE matters:

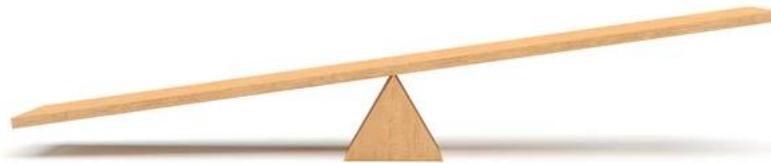
- Gives you **direction and focus**.
- Helps you **stay on track** when things go off plan (which they inevitably will).

Why FLEXIBILITY matters:

- Keeps you **sane, adaptable** and able to **roll with the punches**.
- Prevents **burnout** and fosters creativity.

The sweet spot:

Imagine you have structure all the way up one end and flexibility all the way up the other end. Your ideal balance lies somewhere in between these end points. Having enough structure provides a stable platform, while having enough flexibility allows you to adjust to unexpected change and stay mentally stimulated.



Remember:

- **Without structure:** You'll feel lost and adrift.
- **Without flexibility:** You'll feel rigid and stressed.

Find your balance and watch your happiness and results soar!