

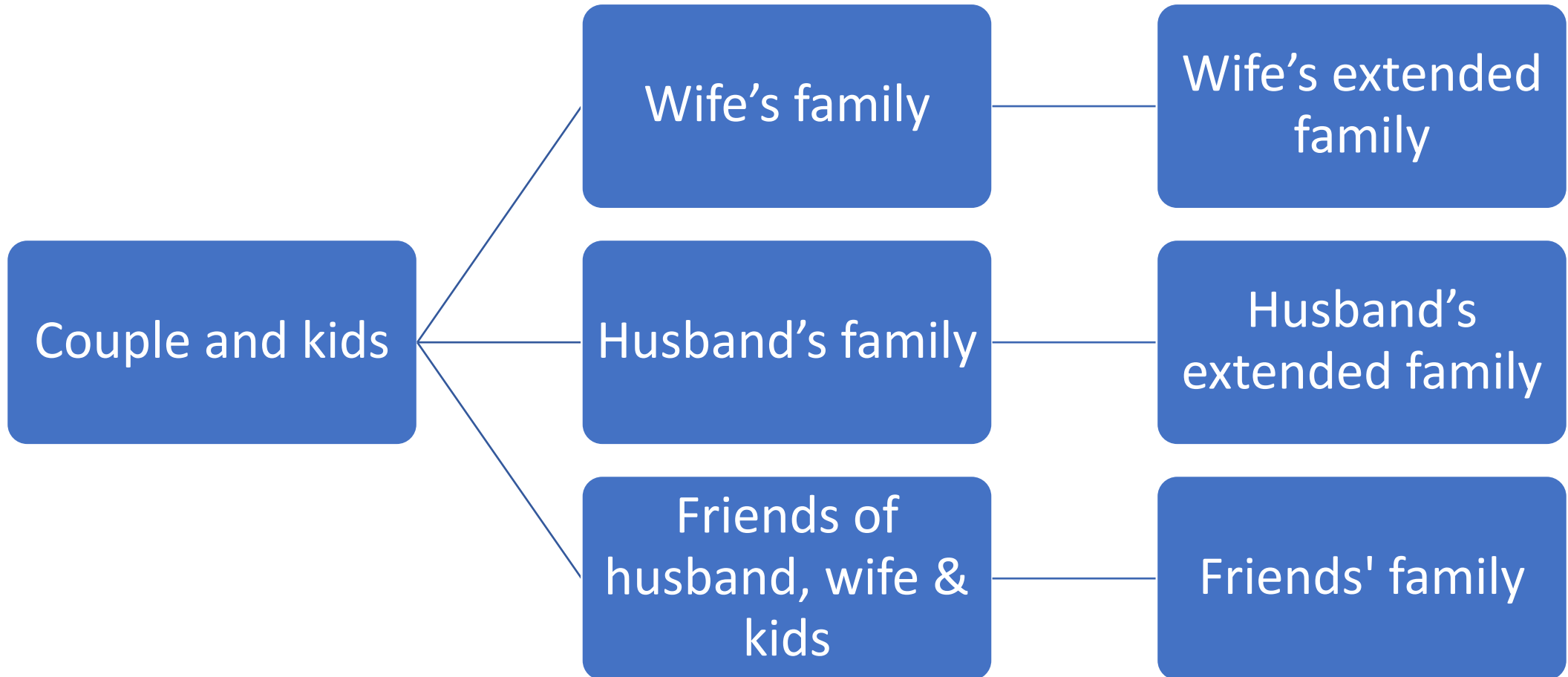


Living a balanced life: The 3 Pillars...

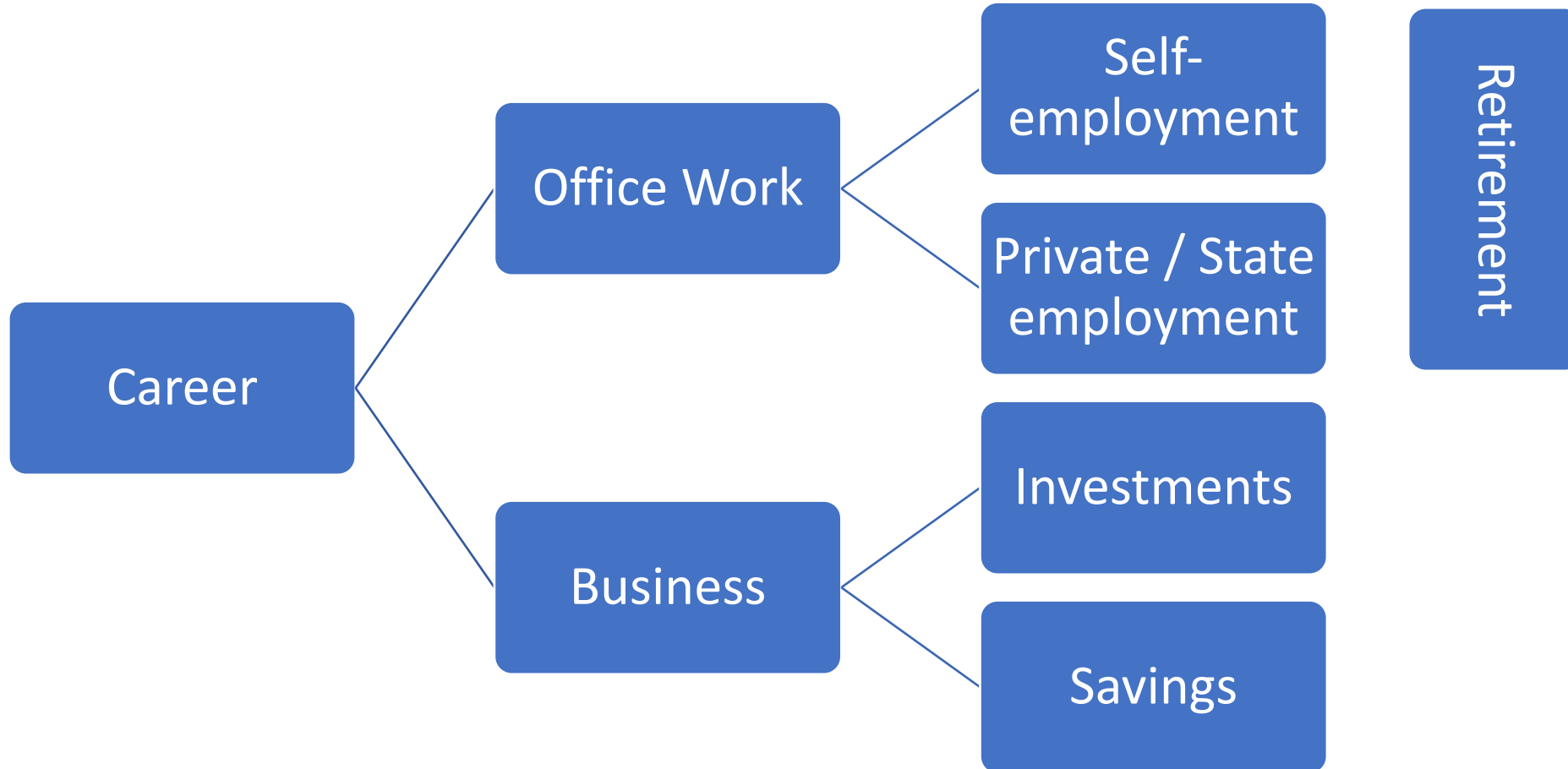
Print out the 3 slides and paste them up in your bedroom. Put a tick at the end of every day before you go to bed next to the box that corresponds to what you have accomplished that day. Do a weekly and a monthly analysis to see which pillar is getting weaker and make it stronger.

Note: If at the end of a whole year one of the 3 pillars didn't get a single tick, you have a problem. You have to auto-evaluate yourself.

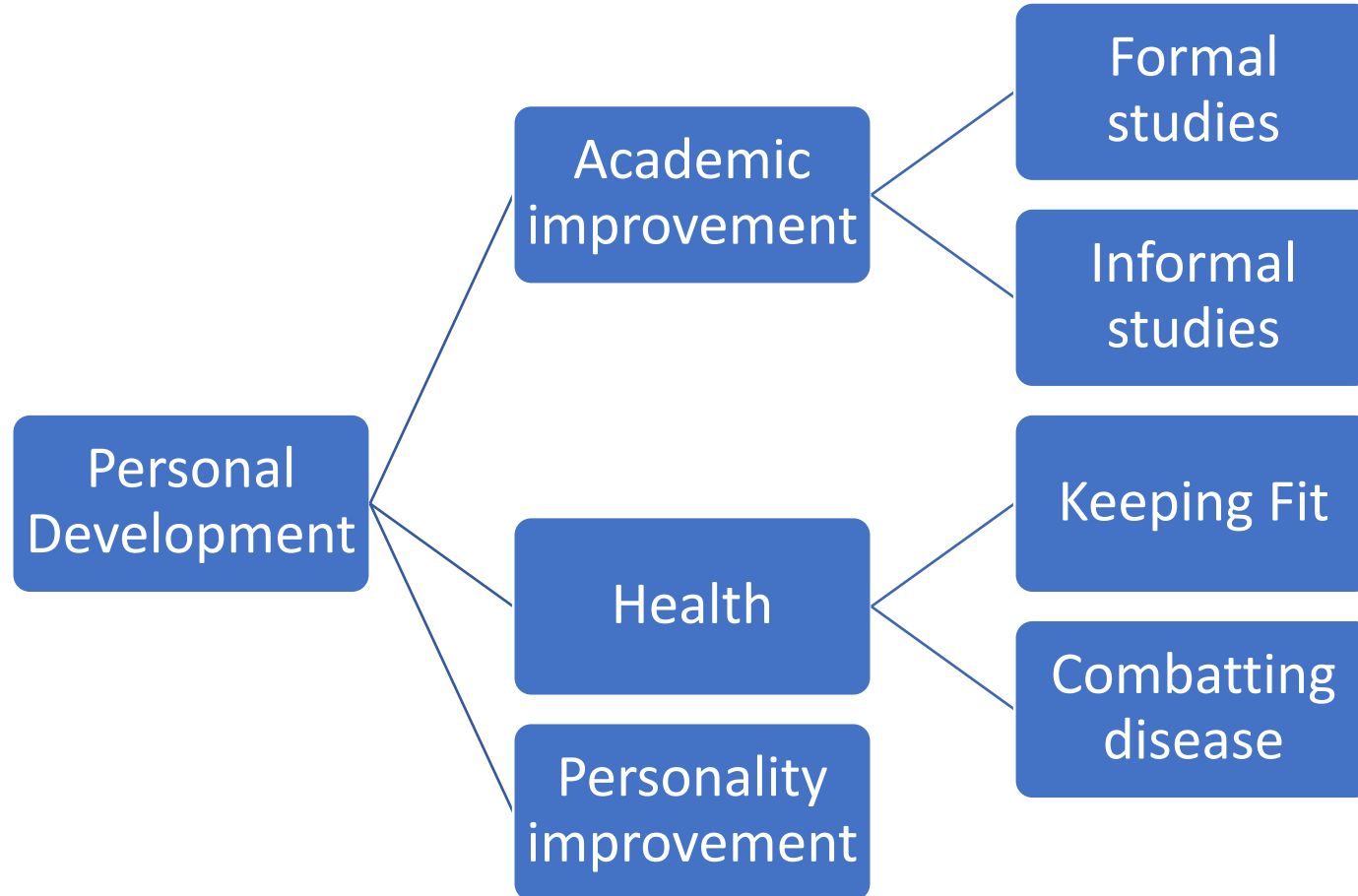
Family / Friends



Career



Personal Development



Conclusion

Living a balanced life successfully is determined by the amount of self-discipline an individual has. The more self-discipline you have, the easier you can live a balanced life.

Thank you.

D. Nkwetato

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