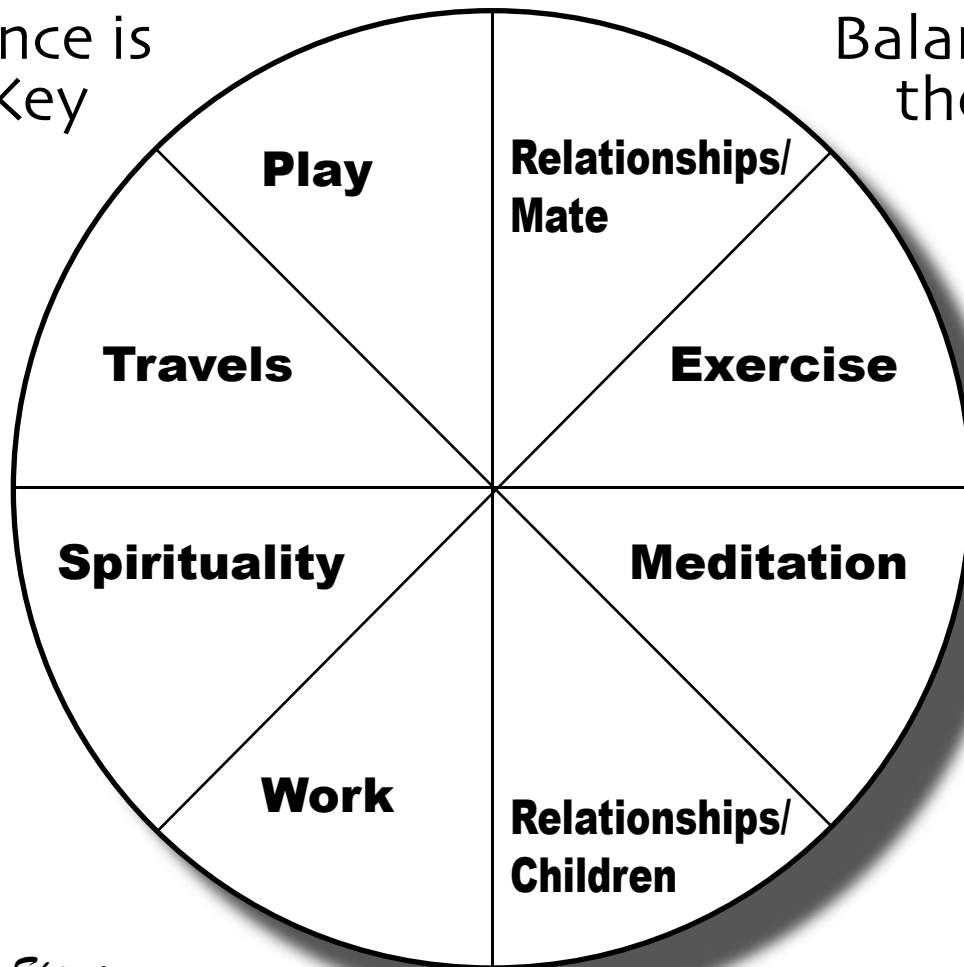


The Great Pizza Pie of Life!

Balance is
the Key

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the Key



*from
Penny Spezzano*

This Pizza Pie has been constructed to help you begin to put balance into your own life. You may wish to change the names of these slices to more realistically mirror the segments of your own life situation.

Each slice is meant to be a segment of your life. Time spent in each slice is not a physical clock; but rather, the clock within yourself. Without equal time spent in each slice, you become unhealthy, uneven, unbalanced. Each slice is essential to your growth and when too much more time is spent in one of these slices, you are in danger of the pie tipping over.

Be honest with yourself on your decision on time spent in each slice and be committed to it. It is up to you to take responsibility to move on to the next slice. You must be aware of this in order to accomplish it.