

## Life's Balance

From an essay written by the CEO of Coca Cola about life's balance:

Imagine life as a game in which you are **juggling** five balls in the air. You name them: work, family, health, friends, and spirit, and you're keeping all of them in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls: family, health, friends, and spirit are made of glass. If you drop one of these, they will be **irrevocably scuffed**, marked, nicked, damaged, or even shattered. They will never be the same. You must understand that and strive for balance in your life.

How?

- \* Don't undermine your worth by comparing yourself with others. It is because we are different that each of us is special.
- \* Don't set your goals by what other people deem important. Only you know what is best for you.
- \* Don't take for granted the things closest to your heart. Cling to them as you would your life, for without them, life is meaningless.
- \* Don't let life slip through your fingers by living in the past or for the future. By living your life one day at a time, you live ALL the days of your life.
- \* Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.
- \* Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us together.
- \* Don't be afraid to encounter risks. It is by taking chances that we learn to be brave.
- \* Don't shut love out of your life by saying it's impossible to find. The quickest way to receive love is to give; the fastest way to lose love is to hold it too tightly; and the best way to keep love is to give it wings.
- \* Don't run through life so fast that you forget not only where you've been, but also where you are going.
- \* Don't forget that a person's greatest emotional need is to feel appreciated.
- \* Don't use time or words carelessly. Neither can be **retrieved**.

Life is not a race, but a journey to be **savored** each step of the way.

### Notes

Juggle: 玩杂耍

Irrevocably: 不能取消地, 不可挽回地

Scuff: 磨损

Retrieve: 挽回, 恢复, 回忆, 补偿

savor 尝到或闻到, 尽情享受

