

Lesson 4: Face the Sun and the Shadows Will Fall Behind You

1. Is there such a thing as work-life balance? How do you balance?
2. When have you needed help in your life? How did you *Face the Sun*?
3. How does your personal life influence your teaching?
4. How does the message “leave your troubles at the door” relate to you?
5. What do you do to stay positive and get yourself out of despair?