

*Weekend retreats*

Massage

**Watching movies**

Bush walks

**Being pampered**

Going  
to shows

*Time with  
friends*

Luxury accommodation

**Playing with  
my cat**

Shopping

*Trees*

**Energy Fuel**

PEOPLE  
SLEEP  
FOOD  
WATER

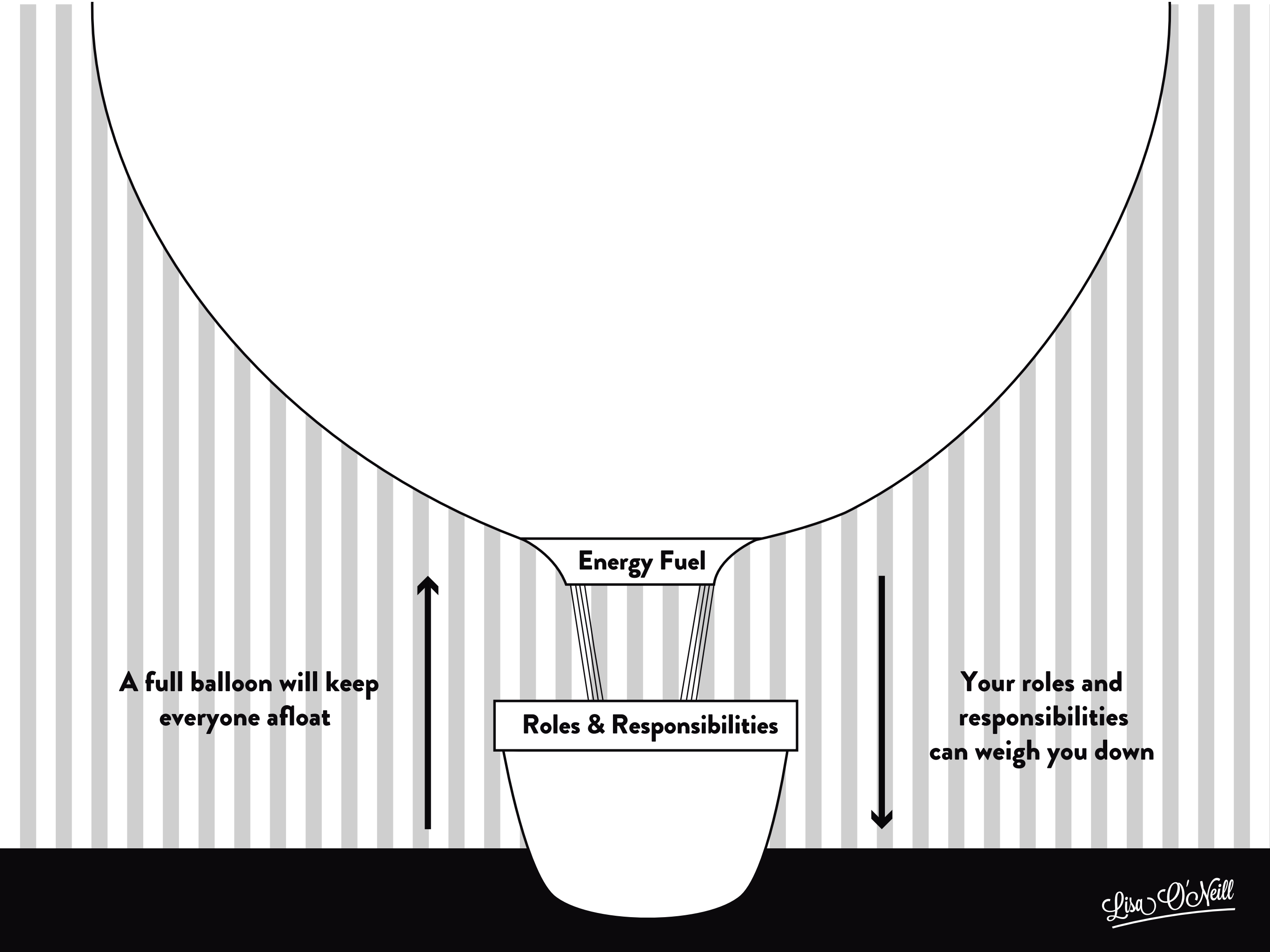
**Roles & Responsibilities**

Parent    Client    Child  
Colleague    Employee  
Partner    Friend  
Sibling

A full balloon will keep  
everyone afloat

Your roles and  
responsibilities  
can weigh you down

*Lisa O'Neill*



**A full balloon will keep  
everyone afloat**

**Energy Fuel**

**Roles & Responsibilities**

**Your roles and  
responsibilities  
can weigh you down**

For speaking engagements, training  
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