

# Balancing Home and Homeschool

## STUDY GUIDE

with  
*ToriAnn Perkey*



[www.homeschooltohomeschool.com](http://www.homeschooltohomeschool.com)

**ToriAnn Perkey** is a mother, mentor, keynote speaker, and teacher. Homeschooling since 2004, she strives to lead each of her children—along with others that she mentors—to discover, celebrate, and prepare for the unique role that each has come to earth to play. Since 2008 ToriAnn has been empowering families through her interactive workshops, inspiring keynotes, and online programs to feel confident and successful as they liberate their children's education. She has served as the past president of Wasatch Home Educators Network (the largest homeschooling network in Utah) and the main teacher for The Homeschool Support Group.



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## THOUGHT QUESTIONS

*If you could fast forward three years into the future and you're life was beautifully balanced, what would it look like? What would your life feel like?*

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*Have you ever experience burnout either in your homeschool or in your life? What led up to it?*

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## SEVEN PRINCIPLES OF BALANCE

List the 7 principles of balance.

Principle 1: \_\_\_\_\_

*Based on what you're planning for your homeschool, what will you NOT be doing?*

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Principle 2: \_\_\_\_\_

*What are you currently doing that you could delegate? What do you need to do to make that happen?*

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Principle 3: \_\_\_\_\_

*What part of your life could you embrace instead of fighting? What would happen if you did?*

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Principle 4: \_\_\_\_\_

*What is one area of your homeschool that you could do differently? Don't forget to think outside the box.*

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Principle 5: \_\_\_\_\_

*Which subjects could you combine and teach together? How much time would that create for you?*

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Principle 6: \_\_\_\_\_

*What is one distraction that is a problem in your life right now? What could you do to actively manage that distraction?*

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Principle 7: \_\_\_\_\_

*As you look over your life, what is one area of your home or your life that if you were more organized you would instantly feel more balanced?*

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### TAKE ACTION

*Which Balance Principle are you going to start using in your life? How will your life feel as you apply this principle? (Remember, take baby steps!)*

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