

Juggling Life & Lesson Plans

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What are some of the plates you spin/ balls you juggle?

How to Juggle Like a Pro

1. Juggle intentionally—not _____

2. Start by _____

3. Relax and _____ what you want to happen.

4. Focus on _____, not the catch!

5. _____ between each throw.

6. Hold each “ball” _____

7. Focus on what you can _____

8. Realize that _____ is inevitable.

9. Remember that this takes _____ and _____

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