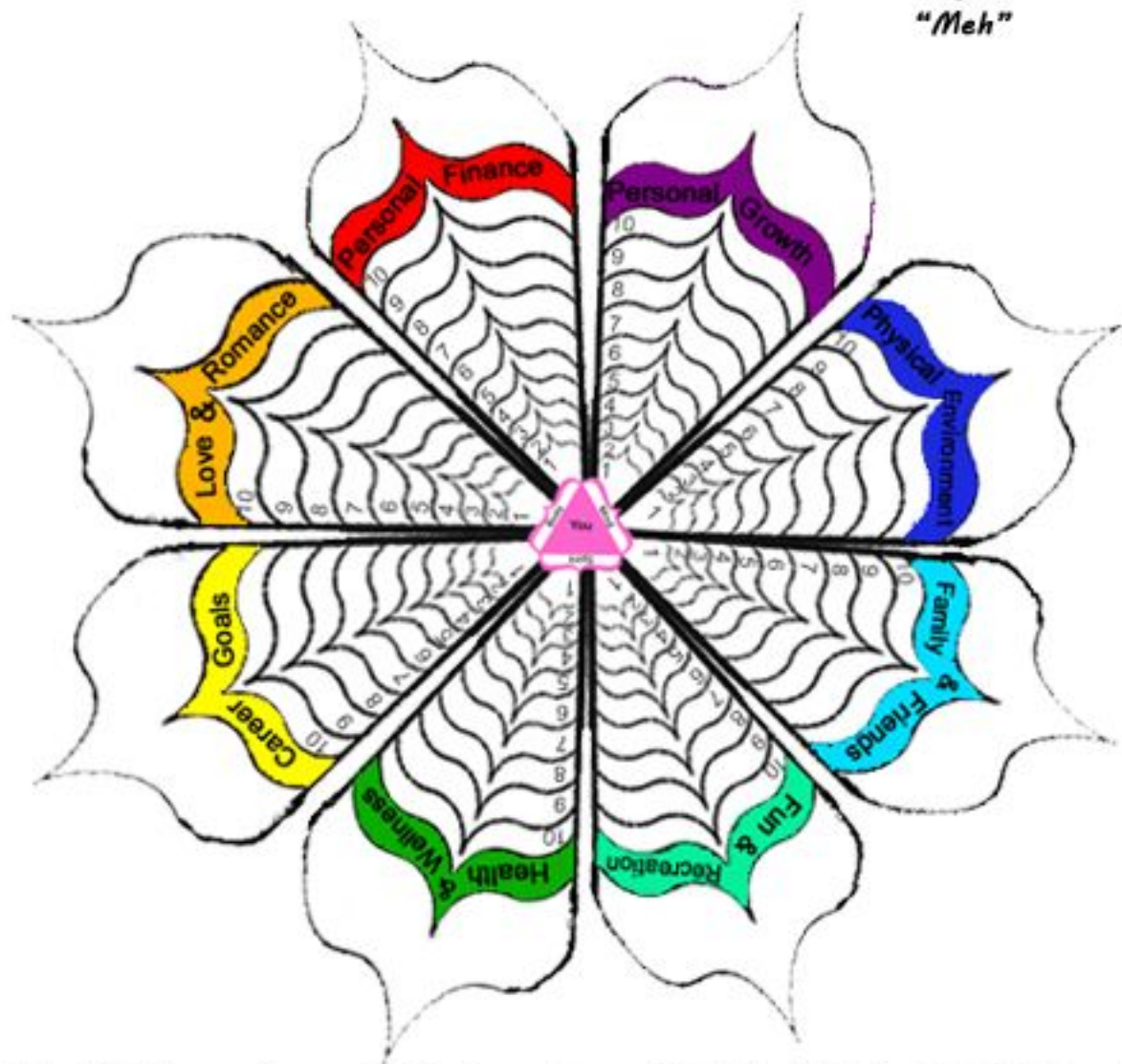


Life Balance Mandala

In The "Muck" 1 ————— 5 "Meh" ————— 10 "Yay" Happy



Area Description Chart

Basic Needs, Security, Stability, Abundance <input type="checkbox"/>	Self Reflection, Self Awareness, Connection to God/Source, Intuition, Learning <input type="checkbox"/>
Home/Yard Organization, Cleanliness <input type="checkbox"/>	Relationships, Confidants, Feeling Heard "Tribal" Support <input type="checkbox"/>
Play, Fun, Creativity, Relaxation <input type="checkbox"/>	Physical Health, Mental Health, Diet, Exercise <input type="checkbox"/>
Goals, Inner Drive, Confidence, Empowerment <input type="checkbox"/>	Companionship, Sexuality, Intimate Expression <input type="checkbox"/>

Step 1: Color each area of life from the center to the number representing where you are in that area- 1: In the "Muck", 5: "Meh" and 10 Happy, "Yay"

Step 2: Record each number in the small box in the colored "Area Description"

Step 3: Write or doodle a few free-flowing ideas in the petals to help move you forward

Step 4: Choose one idea or goal from step 3 and practice Daily (40 Days creates a habit, 6 months creates permanent change)