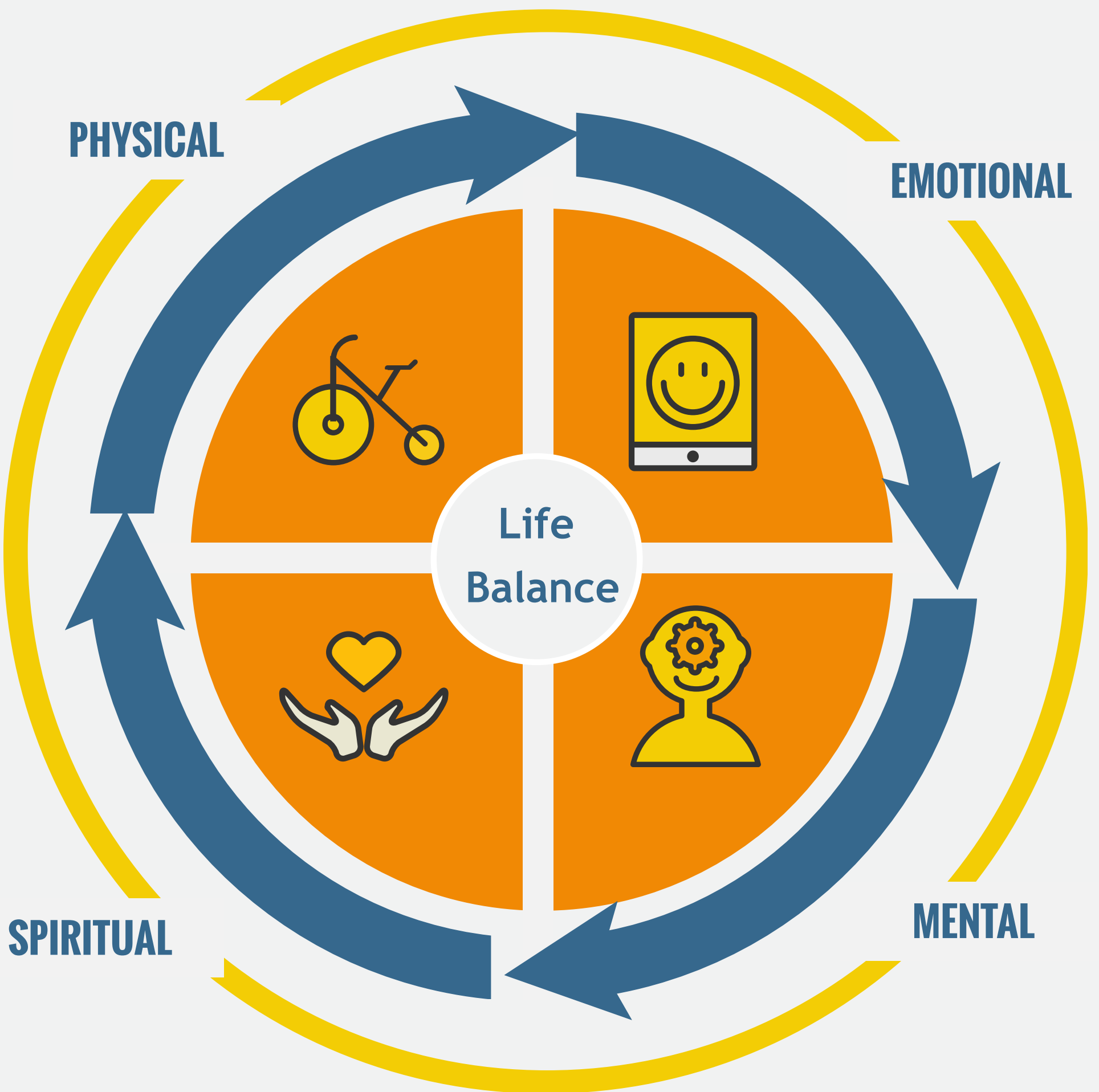


How's Your Life Balance?

Rate These Questions 1-10,
1=Terrible, 10=Great



PHYSICAL BALANCE

- » Do you need to eat better, exercise more, sleep more, drink more water?
- » Should you drink less alcohol or stop completely?
- » Is it time to quit smoking, surrender other addictions, or clean up your environment?

EMOTIONAL BALANCE

- » Are you feeling loved and nurtured?
- » Do you connect regularly with family and friends?
- » Are you surrounded by positive people, and not in any verbally or physically abusive relationships?

MENTAL BALANCE

- » Does your intellect feel stimulated?
- » Are you utilizing your creative abilities or talents?
- » Do you have a positive outlook on life?
- » Are stress and anxiety ruling your day to day existence?

SPIRITUAL BALANCE

- » Are you feeling joy?
- » Do you have a sense of adventure and/or purpose ?
- » Do you have a connection to your Creator or higher self?
- » Are you fulfilling those unique experiences that make your heart and soul thrive with anticipation to begin each day?

SOURCES

<http://brainspeak.com/4-keys-to-life-balance-and-well-being> - Julia Scalise, DN, PhD

CREATED BY

BrainSpeak.com

