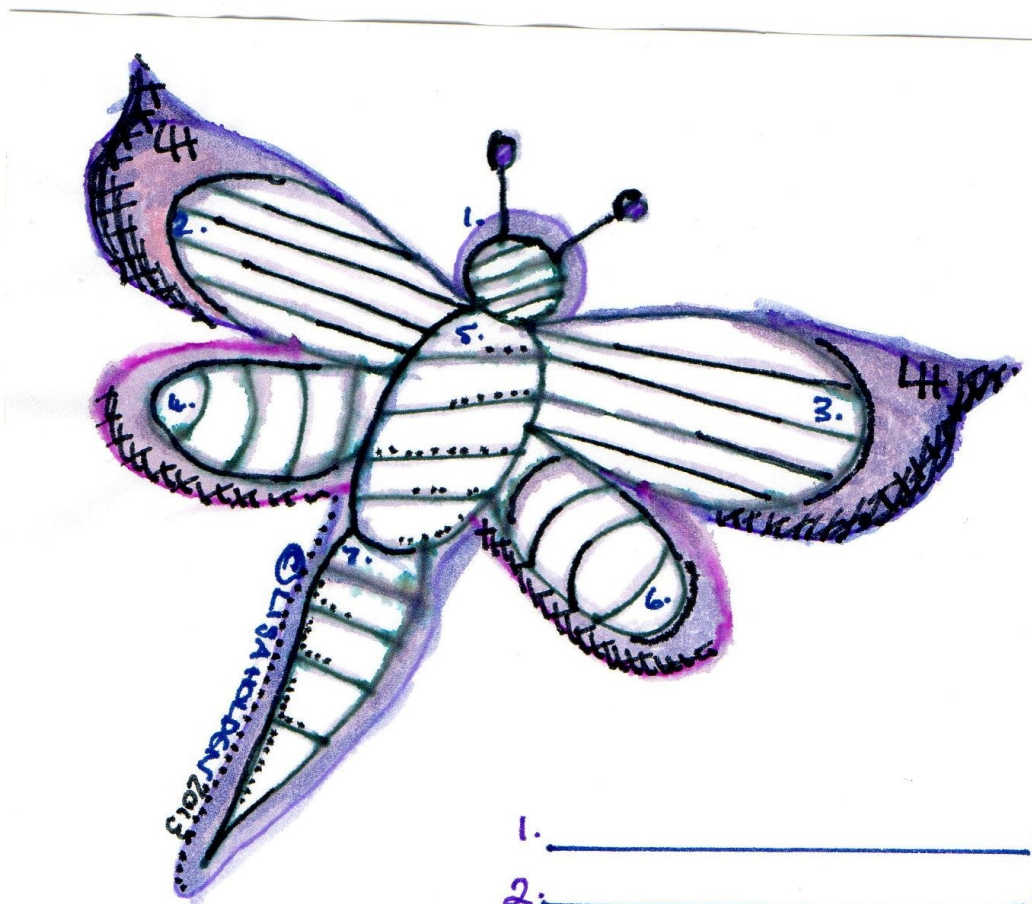


# Creating Balance

What to do:

1. Choose 7 areas of your life and list them below. Some examples: career, relationships, money, family, health, exercise, travel, me time ...
2. Now look at the corresponding number on the dragonfly, rate that area of your life on a scale of 1-5 and colour in accordingly. For example, if you listed 1 as me time and felt fulfilled in this area, you would colour all 5 strips of the head in, if you chose 3 as money and felt this was an area not doing very well you may colour just one strip of the right wing in.
3. Now review each area. The aim is to have balance and abundance in all areas so your dragonfly can fly.
4. Now choose one area that needs attention and write down something you can do this week to make a difference. Make a note somewhere to remind yourself and DO IT!!!



Not quite there yet

Fulfilled

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_