



MIND + EMOTIONS

Thoughts. Speech.
Action. Feelings.



BODY

Nutrition. Movement. Rest.
Supplements + Medicine. Sex +
Sensuality. Healing modalities.



SPIRIT

Meditation + Visualization. Prayer.
Ritual. Breathwork. Reflection.
Journaling.

WEEKLY REFLECTION *Consider both your internal + outer life. Reflect on the Life Areas.*

HIGHLIGHT...

LOWLIGHT...

WHAT'S WORKING? *Vibrancy, strength, ease, positive results...*

WHAT'S BETTER THAN IT WAS? *Improvement, growth, progress, hope...*

WHAT'S NOT WORKING? *Needs to shift, change, improvement...*

LOVING KINDNESS GIVEN + RECEIVED....

Are you fixing your flaws, or exploring your potential?

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GROUNDED