

How Balanced Is Your Life?



This is a simple yet powerful tool to get clarity on the areas of your life that need your focus. Use this tool to check in with yourself on a weekly or monthly basis. By doing this exercise you will be able to see what might be getting swept under the carpet. It is a quick way to get back on track and reclaim your personal power.

1. Get familiar with the areas of life described below and make sure you understand what they refer to.

Love Life = A significant other, the level of love you feel in your life.

Health = Exercise regime, level of physical health, energy levels, diet.

Family = Immediate family members, feeling of family connections.

Friends = Support, understanding, joy, connection, loyalty, feelings of belonging.

Spirituality = Your connection to Source (inner guidance), sense of being protected, personal practices (prayer, meditation, affirmations).

Leisure Time = Rest & relaxation, rejuvenation.

Finances = Money management, feelings of abundance.

Life Purpose = Meaning of your life, your chosen work in the world.

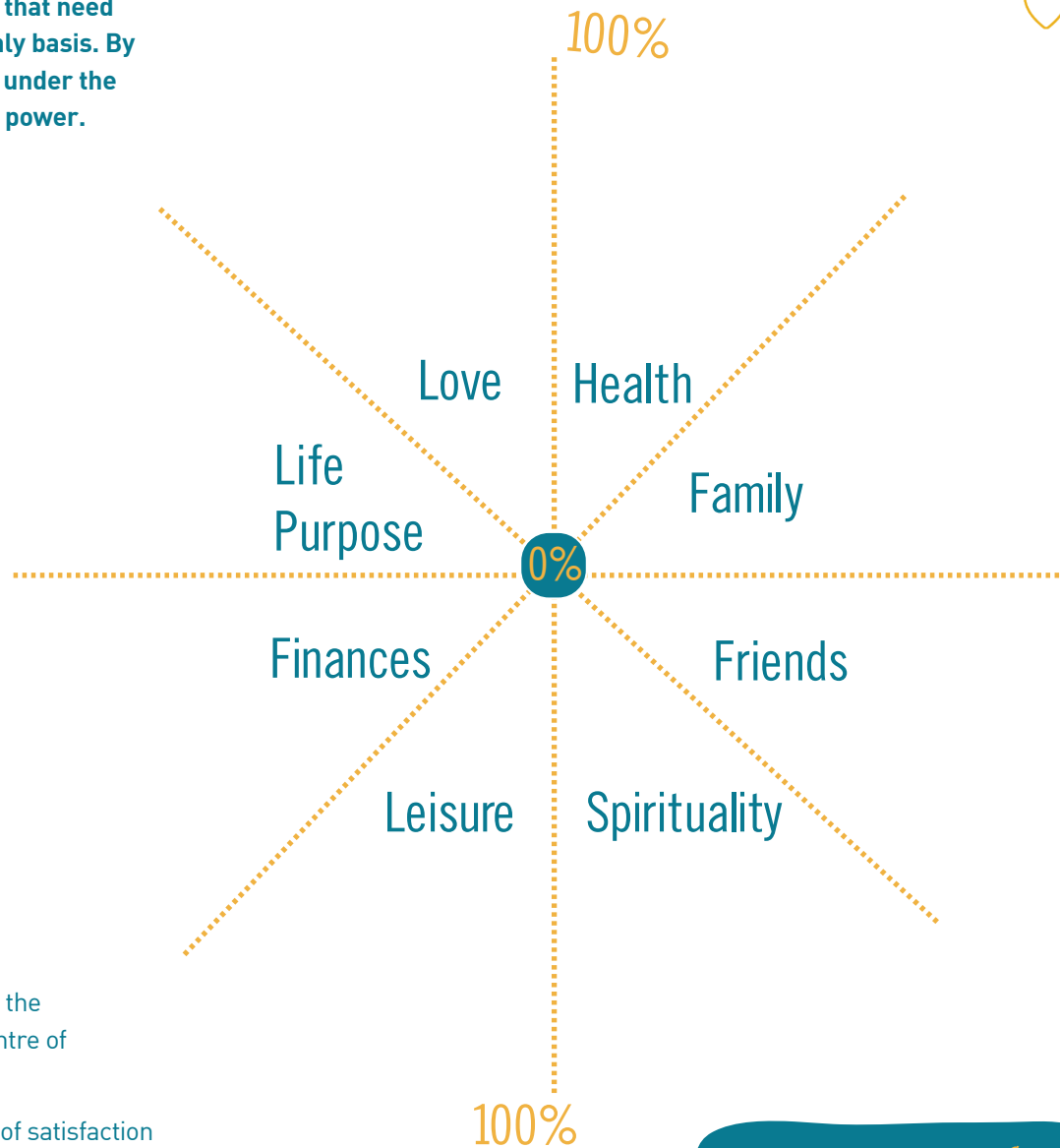
2. Now comes the fun part. This needs to be *done without thought*.

Choose the first number that pops into your mind. Allow your intuition to guide you. Be completely honest with yourself. Close your eyes and ask yourself the following question, "**How satisfied am I from 0% - 100% with my _____?**" (insert area of life)

3. When you intuit your percentage of satisfaction, write that number in the slice of pie, next to that area of your life. Draw a line delineating the percentage of the slice. 0% is indicated in the centre and 100% would form the edge of the circle at its fullest shape. 50% would slice right through the centre of the pie. Don't worry, we all have a wobbly inner circle.

4. Once you have your inner circle defined and have figured out your levels of satisfaction take a deep breath and see what you notice.

5. Find the area that got the lowest level of satisfaction. For an immediate shift in that area follow up with the **Positive Re-patterning** exercise.



Use this when you feel

- ∞ Stressed out
- ∞ Confused about Life
- ∞ Bored

Positive Vibrational Re-patterning



This is the most powerful tool for manifesting the life of your dreams. It is quite simple, but can often be challenging if satisfaction is a foreign feeling. In order to create a life you love, you first need to know what it feels like in **every cell of your body**. Otherwise, how will you know that you have it?

You know the saying, "You don't know what you have until it is gone?" Let's make sure that is not you. Do this exercise after you have completed the **Life in Balance** worksheet.

Here is how you begin...

1. What is one area of your life you want to create positive change in? (Choose one of the areas from your Life in Balance worksheet).
2. Lie down or sit in a comfortable posture. Take some deep breaths to connect with yourself and relax your muscles.
3. Ask yourself, "What would it FEEL like to be 100% satisfied with my _____?"
4. Come up with at least **six adjectives** describing the feelings of satisfaction in that area of your life and write them below. Hold each feeling as long as possible and continue to explore how good it feels to be satisfied.

1. 2. 3.
4. 5. 6.

5. Take it to the next level. Feel what it feels like in all your senses. Write your responses below.

When I am completely satisfied with my _____, what does it feel like to:

☀️ Speak?

☀️ Walk?

☀️ Think?

☀️ Breathe?

☀️ Emote?

☀️ Embrace?

☀️ Eat?

6. Spend at least five minutes a day imagining what it feels like to be satisfied with each area of your life. Because this technique is so simple, people tend to not do it. However, if you can 'feel' your heart's desires as if you are experiencing it now it means the Universe has heard you and that energy is being attracted to you. Try it out for seven days in a row and let me know how things shift.