FIND YOUR

B

Belonging

- Community, friendships, and connection - Do you feel supported and included?

A

Affluence

- Financial stability and growth - Are you secure and building toward your goals?

L

Love

- Family and relationships - How connected and nurtured do you feel?

A

Activity

- Fun, play, hobbies - Are you making time for joy and rest?

N

Nourishment

- Physical and mental health - Are you fueling your body and mind well?

C

Curiosity

- Learning, growth, exploration - Are you investing in your development?

E

Empowerment

- Confidence, purpose, and fulfillment - Do you feel aligned and in control?

B

N

A

C

L

E

A

Fill each room with words and phrases that represent each aspect of your balance.