

Creating Balance

Date:

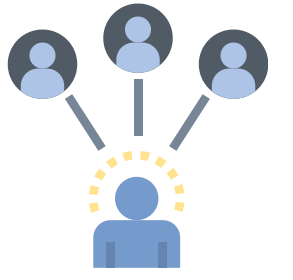
Achieving and maintaining balance is an important part of maintaining wellbeing. Write in the activities you do and the people in your life in the relevant sections. If there are empty points of the star this may indicate some imbalance in your life and an area which needs developing.



Fun

Connections

Connections



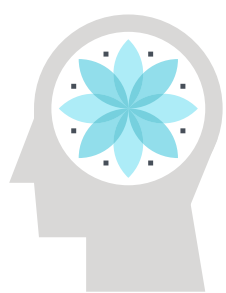
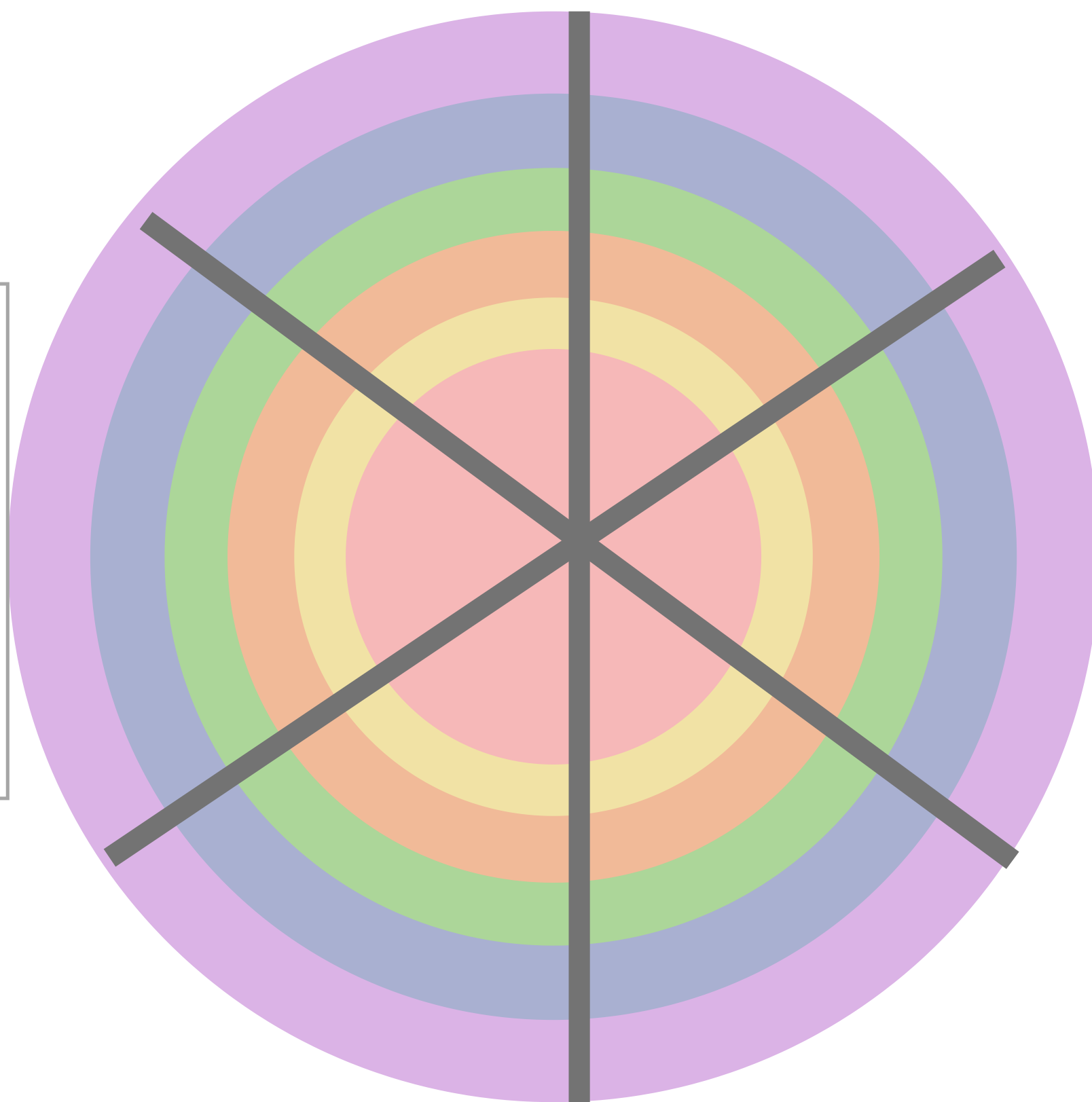
Relaxation

Relaxation



Loves

Loves

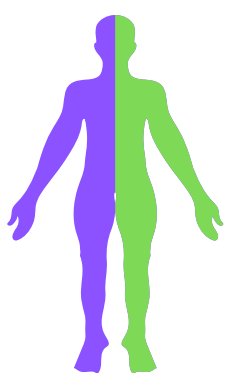


Spirit

Spirit

Body

Body



Use the target in the centre to mark where you are currently in each area of your life.

Action Plan: Which areas need developing?
What steps can you take to develop those areas?
Do you need any help from others? Who?