



## Life Balance Sheet

Hello! I'm Nicoleen, the Flamekeeper, I'm a spiritual coach and energy healer. I'm so happy to welcome you here. Congratulations for making time to work on your self! Right now during the Equinox, a time when the Earth is coming into balance with equal day and night a powerful window of opportunity has opened for you to move towards creating greater balance in your own life.

### What areas of my life am I out of balance?

Use these journal prompts to discover where you need to create more balance in your life. (this pdf is editable or choose to print and handfull it)

#### When was the last time I...

...laughed till I cried? \_\_\_\_\_

...ate a delicious, healthy raw meal? \_\_\_\_\_

...hugged a friend? \_\_\_\_\_

...said no? \_\_\_\_\_

...moved my body? \_\_\_\_\_

...did something just for fun? \_\_\_\_\_

...bought myself something nice? \_\_\_\_\_

...went to bed early? \_\_\_\_\_

...cleared out the clutter? \_\_\_\_\_

...met someone new? \_\_\_\_\_

...spent time with a loved one? \_\_\_\_\_

