

IMPORTANT OR MEANINGFUL THINGS IN YOUR LIFE

What's important to you? List the top five and be as specific as you can – not just “relationships” or “career.”

What are you doing today to enhance these areas of your life?

If you are not focused on these meaningful areas of your life, where is your focus?

Reading through this sheet and going, “aah-hum” won’t change anything. Take a few minutes to evaluate what is important, then invest your time to enhance one or more of these areas. Step outside the drama of life and embrace what has meaning. this is the way to adjusting imbalance into a life of harmony.