



BALANCE

for the

BODY

MIND &

SOUL

NATURE'S *drive* 

BODY

Balanced State

GOOD PHYSICAL HEALTH

- ▶ Having a strong immune system
- ▶ Feeling full of energy
- ▶ Skin and hair is well-hydrated and glowing

How To Get There

1. Eat nourishing whole foods

Vegetables, fruit, nuts/seeds, cultured foods, legumes, whole grains, wild-caught fish and humanely-raised animals.

*Are you missing any of these whole foods in your diet? Which ones?
Name 3 foods you can add to your meals/snacks this week.*

Tip: Vegetables should compose 80% of your meal and the remaining 20% should be made up of legumes, grains, cultured foods and/or animal foods. Fruits and nuts/seeds are best eaten as snacks.

2. Engage in regular physical activity

It can be anything! Running, cycling, hiking, walking, etc. Do something that you enjoy.

*Commit to doing at least 30 mins of exercise at least 3 times this week.
Name 3 active things you love to do:*

3. Reduce exposure to environmental chemicals and toxins

The largest source is from house and personal care products.

Choose products that are made from non-toxic, natural ingredients.

MIND

Balanced State

POSITIVE MINDSET

- ▶ Expressing gratitude
- ▶ Having a non-judgemental attitude
- ▶ Expressing love and respect towards yourself and others

How To Get There

1. Say daily positive affirmations

I surrender to the universe, which works for my highest good.

I forgive myself for my mistakes.

I trust my inner guidance and intuition.

I am grateful for the abundance in my life.

List 5 things in your life that you are grateful for:

Maintain this practice on a daily basis by naming the things you are grateful for. You can either write in a journal or take a few minutes every morning to reflect on your gratitude for the blessings in your life.

2. Practice being in the present moment

Often times, our minds are either thinking about the past or dwelling in the future. Whenever you are aware of your mind wandering, let go of those thoughts and follow these steps to bring yourself back to the present moment:

- ▶ Notice that your mind is wandering.
- ▶ Let go of those thoughts without judgement.
- ▶ Ask yourself how you're feeling; take note of what objects, noises, and people are around you and focus on whatever you are currently doing. Enjoy every bit of the present moment.

3. Act with kindness and love towards yourself and others

Stop any negative self-talk or criticism towards yourself. Speak to yourself in a kind and loving way.

Smile at strangers, offer help to friends and family who might need it, and give genuine compliments to both acquaintances and loved ones.

List 5 things you love about yourself:

SOUL

Balanced State

EXPRESSING JOY & CREATIVITY

- ▶ Following your path and purpose
- ▶ Being creative and enjoying your passions

How To Get There

1. Make time to do the things you love

Set aside some time on a daily or weekly basis to enjoy your passions or hobbies.

What activities bring your joy? How often do you allow yourself to spend time on them?

Commit to taking a bit of time, even if it's just 1 hour per week, to enjoy your passions/hobbies. Make it a non-negotiable and allow yourself to fully enjoy it and have fun.

2. Connect with your Inner Self & Divine Energy

- ▶ Sit in a quiet place and close your eyes.
- ▶ Focus on your breath, on every inhale and exhale.
- ▶ Allow your thoughts to passively flow through but don't judge them or attach yourself to them; let them flow away just as easily as they came.
- ▶ Be present in this stillness, continuously focusing on your breath.

3. Reduce exposure to environmental chemicals and toxins

- ▶ Be the positive light and motivator to those around you.
- ▶ Help others who are going through the same difficulties and obstacles that you have already overcome.