



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

focus on Balance

Physical, Mental, spirit and soul

Changing circumstance, life separation and divorce, force us to find new balance in our lives. Think about what aspect of your life – physical, mental, spirit and soul- is strongest in your life and which is weakest. How can you bring yourself into a better harmonic balance?

What aspect of your life do you need to concentrate on, and why?

Example: Spirit and Soul because I know that I need to raise my spirits

What will you do to achieve this?

Example: I will concentrate more on the spirit and soul aspect – to achieve this; I will try to practice meditation 5 minutes every day.

1. _____
2. _____
3. _____

"Don't compromise yourself. You are all you got."

-Janis Joplin

Tip

It is easier to focus on what is really important to you when you are "away from it all". Try contemplating your priorities during a walk along a ravine, or thru a grasser meadow.



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