



Balance

THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

FIND BALANCE IN LIFE

- Use this tool to find where you feel satisfied and balanced in life and where you may need to spend more energy and care.
- A mark closer to the middle of the circle means you feel an imbalance and need more care.
- A mark towards the outer circle means you are satisfied and fulfilled in this area of life.
- Ideas on how to use the wheel of life: mark with a dot, shade in the pie up to where you feel you are in that area of life, and get colorful, or use the space within the pic to write about what brings you balance in that area of life.



