

Body Balance



1. Are you nutritionally balanced? In other words, do you feel strong and stable in your body, and consistently experience sustained energy?
2. What do you need in order to be nutritionally balanced? Think in terms of support, emotionally, and practically.
3. If nutritional imbalances reflect an opportunity to find balance within (emotionally, with body image, your relationship with food, etc.) – what is the opportunity?
4. Is balance being called for in your life, on any level? If so, write in detail.
5. What does balance offer you?
6. Picture yourself well-nourished. Stable within. Taking good care of yourself, and making choices that support consistent stability. Describe in detail how this feels.
7. Keep focused on what you need to be nutritionally, emotionally, etc. balanced. What are your needs? How may your life be asking for change, so you can honor what your really want?