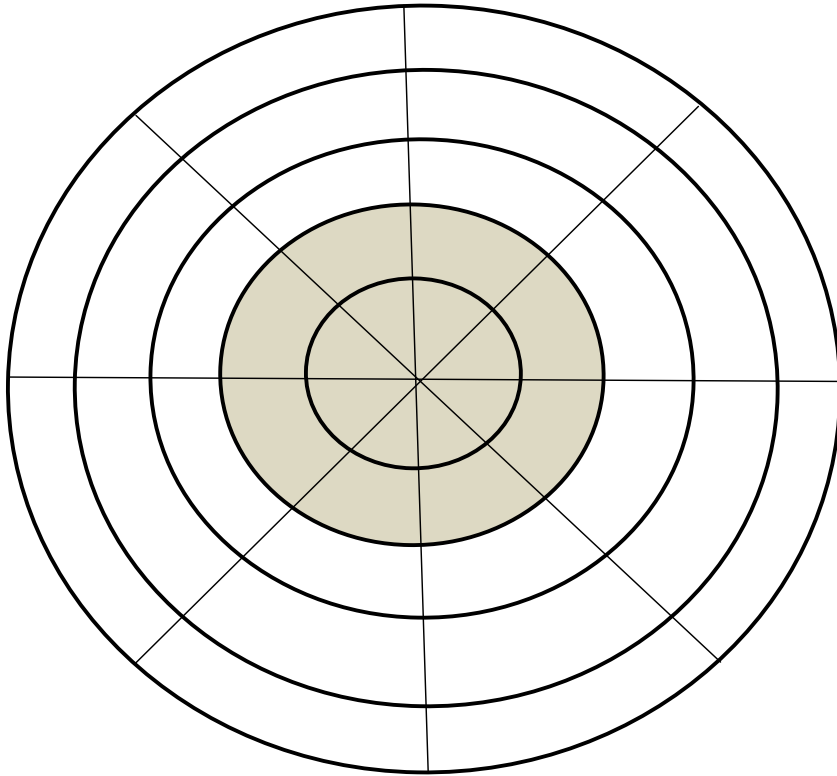


Wheel of Life — Essentials for Change

Figure 2



Actions I will start to gain more balance and flexibility:

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Actions I will stop to gain more balance and flexibility:

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