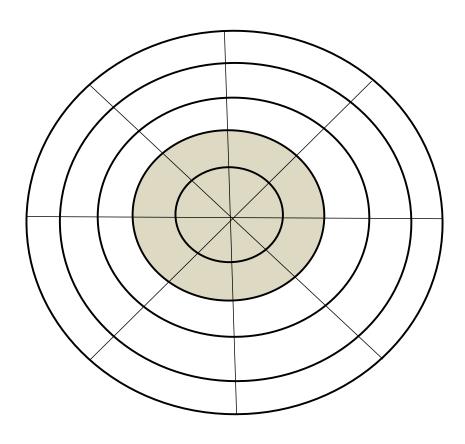
Wheel of Life — Essentials for Change
Figure 2



Actions I will start to gain more balance and flexibility:					
Actions I will stop to gain more balance and flexibility:					

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Writing about ME

or you? How will you alter your current level of body, mind, and spirit connections to live a heatstyle?						
style:						