

# Self Care & Balance

- 1. Meditation**
- 2. Read recovery literature**
- 3. Get dressed**
- 4. Attend in person meeting.**

# Health & Fitness

**1. Sugar fast**

**2. Cook from the freezer (plan)**

**3. Go swimming (more)**

# Business and Career

**1. EI**

**2. Updated Resume**

**3. Check out Hunter University**

# Money and Finances

- 1. Keep up the current plan**
- 2. Ensure I have a spending account!**

# Primary Relationship

- 1. See more???**
- 2. Go to Banff**
- 3. Go ice skating?**
- 4. Shopping?**

# Family & Friends

- 1. Continue the contact**
- 2. Spend time with girlfriends**

# Recreation & Lifestyle

- 1. Skating**
- 2. Swimming**
- 3. Go to Banff**

# Personal Development

- 1. Read a chapter of the books I bought**
- 2. Read recovery literature**
- 3. Investigate Hunter University**



# Contribution

- 1. Entertaining company**
- 2. Sharing**
- 3. Life lessons with David**

# Spiritual

- 1. Listen to positive music**
- 2. Listen to focus on the family**
- 3. Spend time in prayer**
- 4. Time to meditate**

**NOW LET'S REALLY  
GET OUT OF THE COMFORT  
ZONE**

## Powers

## Chakra

### **Crown**

Spirituality, knowing who you are, letting go, enlightenment, awareness.

### **Third Eye**

Intellect, brain, open-mindedness, divine reason, bigger picture, trust.

### **Throat**

Self expression, choice, will, follow your dream, faith, trusting life.

### **Heart**

Love, forgiveness (does you good), compassion.

### **Solar Plexus**

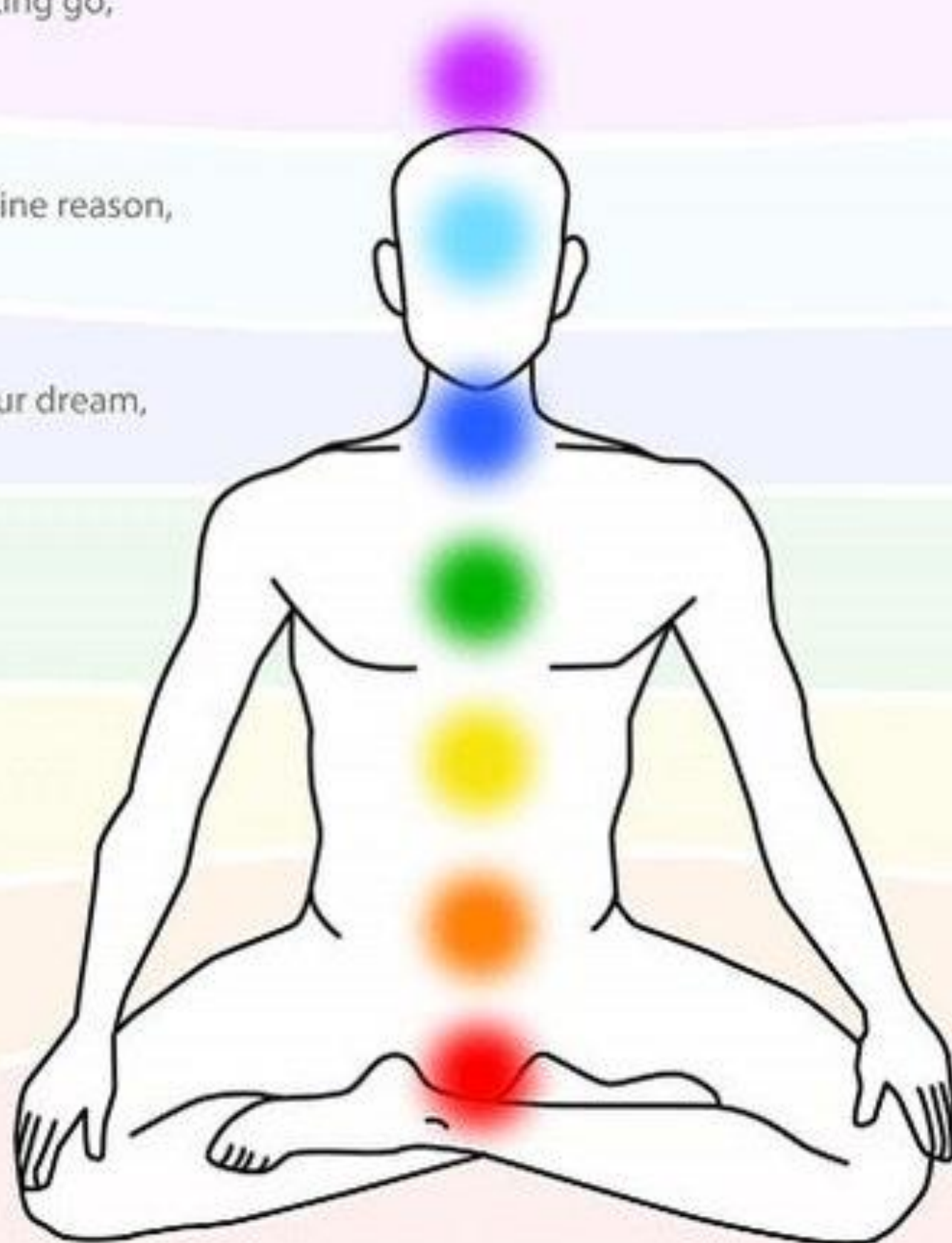
Personality, self-esteem, gut instinct.

### **Sacral**

Creativity and sexuality. Power, control, money, relationships.

### **Root**

Family and social belonging. Safety and security.



**GO BIG**  
**OR GO HOME!**

