

MIND, BODY, SPIRIT

THE MIND, BODY, SPIRIT TRIANGLE SYMBOLIZES RESPECT FOR ONESELF THROUGH THE BALANCE OF THESE THREE AREAS. WHEN ONE AREA IS OUT OF BALANCE, THE OTHER AREAS ARE EFFECTED. WRITE DOWN WAYS YOU CAN, ARE, AND WILL BALANCE AND STRENGTHEN THESE THREE AREAS SO YOU HAVE A MORE HARMONIOUS AND BALANCED LIFE. COMMIT TO THESE IMPROVEMENTS.

MIND

BODY

SPIRIT

