

*How To Love Yourself Completely Part 2*

**Bringing Your Life Into Balance**

Class #7

**WORKSHEET**

1. What do you need in your life in the following areas:  
(Be as specific as you can i.e. how much exercise, how much sleep etc.)

**Physical**

**Mental**

**Emotional**

**Social**

**Spiritual**

2. What is it that you have noticed you need more or less of than most people? Are you comfortable with this and does it feel like a healthy balance for you?