



WEEKLY BALANCE CHECK-IN

*10 minutes to return to
yourself*

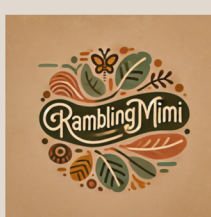
What felt balanced last week?

Where did I feel off-centre or
overwhelmed?

What restored me?

What can I lighten or let go of
this week?

One small thing I'll do to support
my balance



Balance isn't perfect stillness.
It's staying in motion without losing myself.