

BALANCE: UNLOCKING CAPACITY & PEACE ACTION PLAN

Begin Today By Creating Balance With Intention



Balance!

BY CARMELA E. HEAD



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Begin today by creating balance with intention



BALANCE

WRITE YOUR VISION. IN WHAT WAYS CAN YOU INCORPORATE BALANCE INTO YOUR DAY-TO-DAY PLANS?

Blank space for writing the vision and ways to incorporate balance into daily plans.

INTENTIONALITY

IN WHAT WAYS WILL YOU BEGIN MOVING FORWARD IN THE DIRECTION OF ACHIEVING YOUR GOAL? LIST YOUR STEPS.

Blank space for listing steps to move forward in the direction of achieving the goal.

FOCUS

WHAT PLAN OF ACTION WILL YOU PUT IN PLACE TO HELP YOU CREATE MORE PEACE AND EFFICIENCY.

Blank space for describing the plan of action to create more peace and efficiency.