

Baseline Balance Check

- Over the past month, how balanced have you felt in the Four Cornerstones of Mind-First Wellness™? Rate on a scale of 1-10 (1 = unbalanced and 10 = very balanced). Connect the dots to visual see your baseline balance.
- Within each “My Practices” box, reflect on your current practices. Focus on practices you do that help bring balance to that cornerstone.

3. Where do you feel most balanced?

4. Where do you feel off balance?

5. If you were to choose one cornerstone to focus on over the next 4 weeks, which cornerstone would it be?

6. How will bringing balance to that cornerstone impact your wellbeing?

7. What is one small, realistic change in you can make in this cornerstone?
