

# "I Am Choosing To Create A Balanced Life"



Month: \_\_\_\_\_

Score: \_\_\_\_\_

## 30-Day Life Balance Exercise:

How are you doing in each area of your life? Mark 1-10 in each circle (100 is a perfect score). Add up your numbers to see how you are doing with keeping balance in your life and reaching your goals. Repeat every 30-days.

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**SATORI METHOD**

mind • body • one