

The Four Pillars

What do I want from these four areas of my life?

Physical (relaxed)	Mental (focussed)	Emotional (calm)	Spiritual (awareness)

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What actions am I willing to take? I.e. Prayer, meditation, exercise, taking inventory, eating healthily, acknowledging feelings but be specific
Example, I am going to listen to a self development podcast on the way home from work instead of calling my friend to just catch up when I already spoke to her this morning!

What barriers or resistance do I have?
Example, I feel like I'll never be good enough when I listen to podcasts, it's easier to distract myself and laugh with a friend.

What do I need to tell myself or do to conquer my barriers?
Example, remember that it's one step at a time and I don't have to be perfect.