

In the grid below, list at least three items in each category that you want to improve for yourself.

|  |   |
|--|---|
| <p style="text-align: center;"><b>Body (physical)</b></p> <p>1.</p><br><br><p>2.</p><br><br><p>3.</p>    | <p style="text-align: center;"><b>Heart (relationships)</b></p> <p>1.</p><br><br><p>2.</p><br><br><p>3.</p> |
| <p style="text-align: center;"><b>Soul (inner peace)</b></p> <p>1.</p><br><br><p>2.</p><br><br><p>3.</p> | <p style="text-align: center;"><b>Brain (mental)</b></p> <p>1.</p><br><br><p>2.</p><br><br><p>3.</p>        |