

'Balance Sheet'

Aspect or Area of My Life	Diagnosis			What Could Help? Next Steps	Support that I will ask from my spouse	Evaluation one month later
	In balance √	Needs balance √	Causing havoc! √			
Spiritual practices						
Marriage: quality time together						
Marriage: give and take						
Mental activity						
Eating						
Sleeping						
Keeping fit						
Recreation						
Work						
Effects of past karma						
Other:						
Other:						
Other:						
Other:						