

RELATIONSHIPS	
Separation	Connection
Affected by toxic people	Appropriate boundaries
Gossiping & complaining	Communicate Authentically
Closed off	Open
differences	unity
Look outwardly for happiness	Find inner happiness

MIND	
Thinking negative thoughts	Thinking positive thoughts
Judging	Accepting
Worrying	Trusting
Overthinking	Clear thinking
Dwelling on the bad	Savoring the good

HEART	
Fear	Love
Anger, sadness, tension	Openness
Disappointment, emptiness	Gratitude
Resentment	Forgiveness
Self-centeredness	Loving-kindness

BODY	
Stress	Well-being
Eating processed food	Eating fresh whole foods
Imbalanced	Balanced
Shallow Breathing	Deep Breathing
Being dehydrated	Drinking lots of water
Inactive	Active
Frowning	Smiling

SOUL	
Constantly doing	Time for quiet & meditation
Looking outwardly	Listening to inner knowing
Feeling angry & helpless	Praying & surrendering
Feeling isolated	Feeling connected
Trying to control	Trusting in a higher power

Contraction	Expansion
Unhappiness	Happiness
Fear	Love
Pessimism	Optimism
Constriction	Flow
Resistance	Acceptance
Low energy	Vitality
Disease	Ease
Malaise	Well-being
Separation	Connection