



The Blissful Soul Tribe

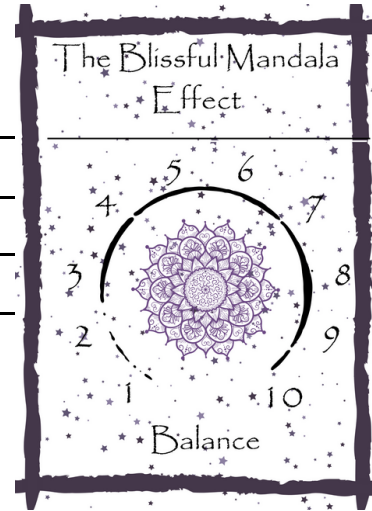
Balance

Let the words and truth flow from you, as thoughts emerge and energize. Feel content in the next solid steps in your connection to spirit discovery and development. I wonder if you are now ready to honour yourself and these moments of reflection with heart and soul.

What is your intention for honouring yourself in your soul discovery of balance?

How balanced are you now? Note the number.

Come back to this at the end of the video and worksheet and see if the number has increased, I suspect it may have x

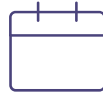


What is balance to you?

What does a normal day look like NOW? Where is the balance? Use % to assist understanding where you are and where you want to be.



Morning?



Day?



Night?

Connection

Authenticity

Choice

Growth



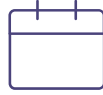
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What do you want it to BE? Are you committed to change and growth? Where will you focus on for alignment of your ideal balance?



Morning?



Day?



Night?



Where are you at now? Has anything shifted? If any beautiful moments realisations, thoughts, inspirations have come up note them down, embrace the journey of self discovery. And feel free to email me if you have any questions or thoughts you wish to share.

Continue being amazing! Amber - The Blissful Hippy xxx

Take a
breath make
a choice

Feel the divine
connection to soul

It's time to let
go and grow

B.E You