



**EnBalance**  
Balancing Energy From Within

My homework for this week:

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How do you feel when you practice the homework: (& if you didn't practice, why?)

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What fears & beliefs came up for you this week:

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When you look objectively at the fears & beliefs above, what can you do to let go of them? (Also, how have these fears & beliefs served you up until this point?)

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What positive experiences and opportunities are around you this week?

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What would you like to get out of your session this week? What questions do you have?

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