



*how to live the life you love*

## HOW TO LIVE A BALANCED LIFE

Think of these butterfly parts as a way to create more balance in your own life. Each part is integral to living well. Like a caterpillar to a butterfly, we can create that transformation that is needed to live our life as we love.

Antenna: Spirit  
Head: Mind and Mental Health  
Body: Physical Self-Care  
4 wings of Connection

In each part, write what you do that nourishes you, and what you wish to add in order to create more balance.

"the butterfly is only beautiful because the caterpillar is brave"

~ unknown

Here are some suggestions that may help you - you can do this in several ways. Find ways to incorporate this care into your everyday. Think of them as tiny anchors that help you be intentional with how you live your day, and be in control of the moments in the every day.

### Mind

Take time for yourself - start with a morning ritual that sets the intention, nurture your intellectual self or creative side, hold space for your hard feelings, read affirmations or engrossing books

### Body

Heal your body - sleep, rest, nutrition, food, drink water, healing work, loving touch, physical support, body work, exercise, deep breathes

### Spirit

Practice meditation, nature walk, everyday magic, journal, listen to your intuition, ritual work, grounding tools, faith village

### Connection

Community: spend time with family and friends

Contribution: paid work and volunteer work, school, courses

Compassion: collective support, time with community

"you do not just wake up and become a butterfly -  
growth is a process "

Rupi Kaur

*varia* 