

1BODY

essence qualities

maintaining focus on what really matters in your life

life

joy, ease, openness, creativity, perseverance, simplicity
lightness of being, adventure, freedom, clarity, integrity
mindful, honesty, inspiration, balance, patience, dignity
transformation, contribution, generosity, peace, willingness
serenity, humility, satisfaction, insight, trust, flexibility
detachment, gentleness, grace, independence, fairness
wisdom, courage



relationships

supportive, considerate, respectful,
honoring, joyful, accepting, easeful
reciprocal, playful, understanding
passionate, honest, liberating,
authentic, uplifting, compassionate
grounded in unconditional love

work

productive, collaborative, healthy
empowering, co-creative, makes a
difference, socially responsible,
values diversity, camaraderie
makes a contribution



circumstances & things

financial freedom, healthy lifestyle, spiritual community
service, beautiful, durable, supports my well-being,
practical supports privacy, low-maintenance, contact
with Nature economical, restful, stimulating,
high-quality, eco-friendly animal-friendly, comfortable,
cozy, inviting, organized, clean, safe, inviting