

How do you spend your time? (Color in containers after labeling and see pattern emerge.)

Give containers a label like: work, fitness, food, sleep, curiosity, passions, friends, quiet, me, self-care, reading, wasted, pets, social media... How is your time pantry? Does it need a little or a lot of tuning? Can you and do you want to change things? Where do you need to add or cut back?

How is your energy? (Color in containers after labeling and see pattern emerge.)

Give containers labels as to where you spend the most energy, this is different than time. This shows you how much of yourself you want to give to these activities and how present you will be whilst doing them. They are similar to time: work, fitness, food, sleep, curiosity, passions, friends, quiet, me, self-care, reading, wasted, pets. But this is energy...How do you **feel** while doing these things?

How is your health? (Color in containers after labeling and see pattern emerge.)

Give containers labels that have to do with your physical and mental well-being. How is your body? What hurts? What needs attention? How are your eyes? How about your dental health? Nutrition? Sleep? How are you emotionally? Are you sad? Do you have mood swings? Are you optimistic?

How wise are you? (Color in containers after labeling and see pattern emerge.)

Give containers labels that have to do with what you are great, good, not so good, and needs help. What are your character strengths? Are you self-aware? Are you a realist or a dreamer? Can you set intentions? Can you create outcomes? Are you smart enough to know the things that are in your control and those which are not? Be honest and kind, and be aspirational if change is needed.

How is beauty in your life? (Color in containers after labeling and see pattern emerge.)

Give containers labels that have to do with what you think is beautiful in your life, what gives you joy? What would you like more of? Less of? Is beauty more than skin deep? Is internal beauty important? What is your preferential sense...sight, sound, smell, taste, touch? How do you create beauty?

How kind are you? (Color in containers after labeling and see pattern emerge.)

Give containers labels that have to do with kindness. How giving are you? Do you always expect something in return? Can you forgive? Can you forget? Will you give time to others? How kind are you to yourself? Can you be an example of kindness?

How loving are you? (Color in containers after labeling and see pattern emerge.)

Give containers labels that have to do with how you love and what you love and whom you love. Do you need more love? Can you give more love? How can you demonstrate more love? How can you re-fill a sometimes empty feeling? What is your best kind of love? Can you love inspire or not being loved back?
