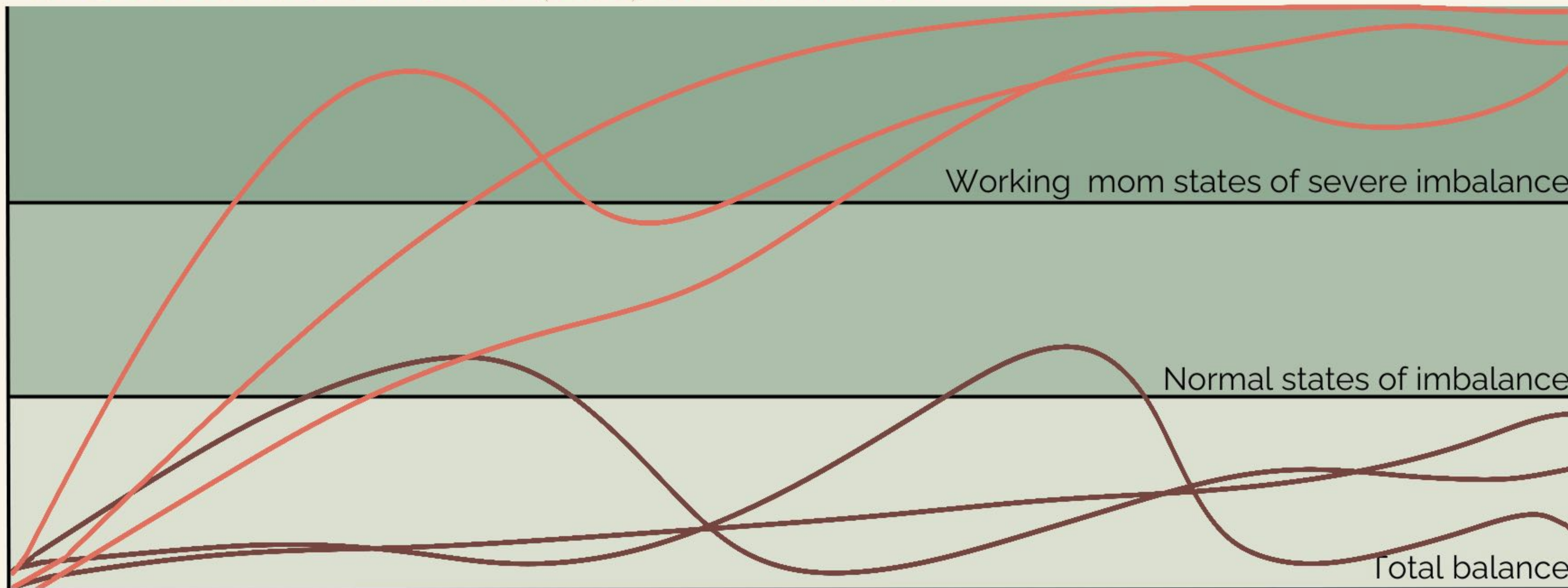


# WORKING MOM (IM)BALANCE



- Working Mom
- Normally balanced individual

## MAJOR BALANCE DIMENSIONS:

- ◆ Emotions: e.g. gratefulness, compassion, anger, fear
- ◆ Body: e.g. level of energy, immunity, pain
- ◆ Mind: e.g. convictions, values, self-perception
- ◆ Soul: e.g. beliefs, rootedness in higher power, purpose