

Life Balance Bagua Planning Guide

Way of theYINpreneur™

A visual resource to help design your enlightened goals and balanced life.

All good journeys start with the here and now. Just as with our GPS, it helps to be clear on and input our starting location. In this case, we are becoming more aware of the elements of your life at this moment. This planning bagua will also help you know where you want to go, and who you wish to be when you arrive.

This is a simple tool to help you take a nonjudgmental walk through your life as it is. A visual review of where you are in relationship to where you see yourself in the future.

It is inspired by the elements of Feng Shui, the 5 elements and the Bagua.

Following, are some tips for getting the most from this visual resource



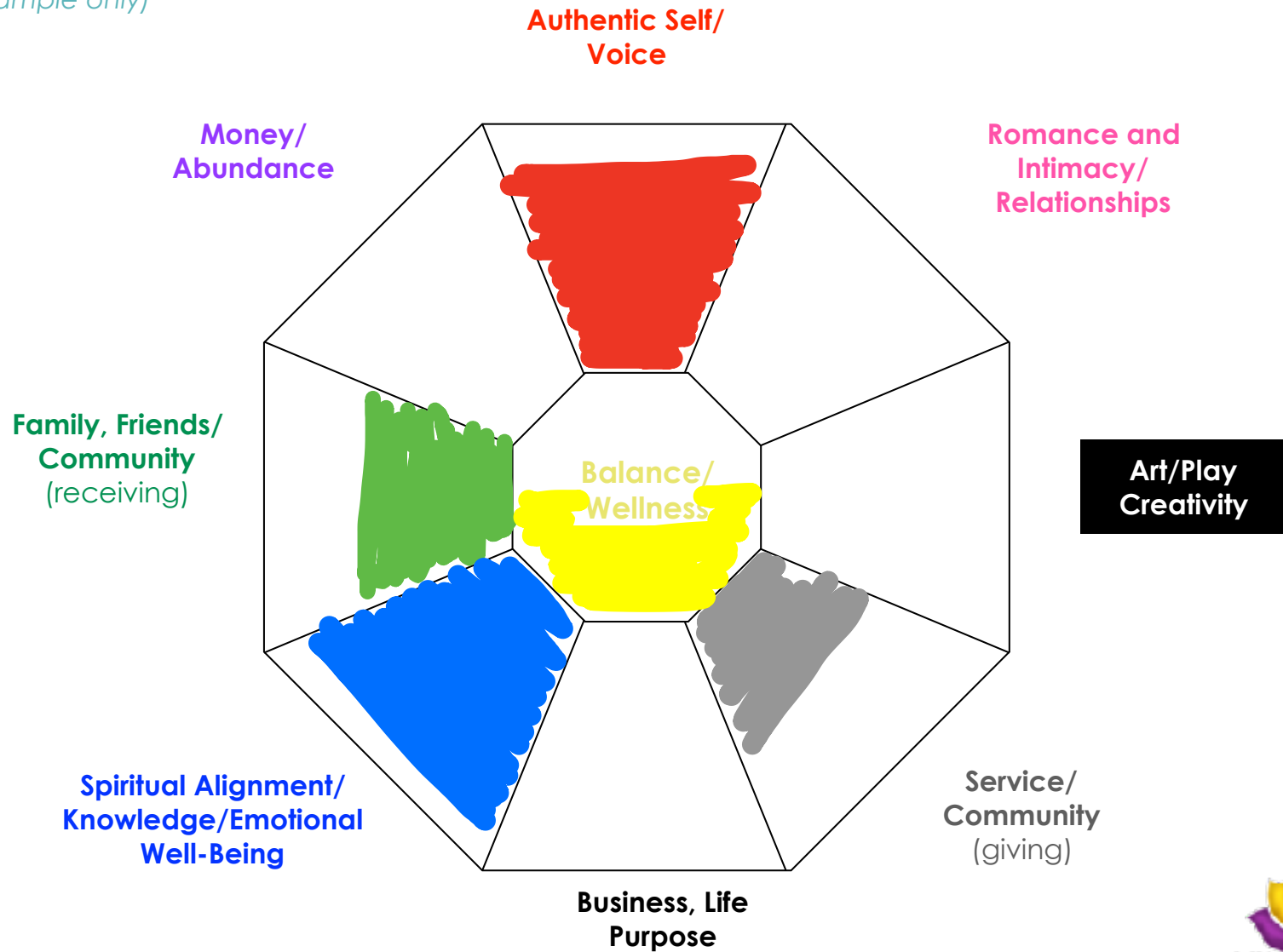
Simple, playful steps:

- * Light a candle, play soft, inspiring music, breathe.
- * Look at the bagua and begin to see and feel your life as it is today - no judgment, simply observe.
- * You may wish to complement with the colors of the bagua or select your own.
- * For example: if you feel you are where you wish to be, and who you wish to be, the piece will be fully (100%) colored in. If you are half-way to realizing your life vision the “piece” will be 50% (partially) colored in.
- * Have fun with this! Play with a #2 lead or colored pencil, crayons or a stylus on your tablet.
- * You may even wish to take it off these PDF downloads and go 3D - add photos, drawings, magazine clips ... It's your life vision.
- * Be creative. You are creating a vision - not a report card.



EXAMPLE

(for example only)



**Authentic Self/
Voice**

**Money/
Abundance**

**Romance
and
Intimacy/
Relationships**

**Family, Friends/
Community
(receiving)**

**Balance/
Wellness**

**Art/Play
Creativity**

**Spiritual
Alignment/
Knowledge/
Emotional
Well-Being**

**Service/
Community
(giving)**

**Business, Life
Purpose**



Next Step:

- ▶ Create 1 clear intention for each area of your life.
- ▶ Write it down and begin to see, and feel, YOU when your vision is realized.
- ▶ Let go of the “how” it will manifest, and trust. Be with the feeling(s). These intentions can be a starting point for a practice of creative visualization.

YIN Wisdom:

- ▶ Bring yin energy to this review with breath, and feeling versus critical thought.
- ▶ Use the example below, or define the six or eight elements of your life that represent who you are at this time.
- ▶ Revisit every 3-6 months and watch your pie fill in as a visual metaphor for growing your life as an empowered entrepreneur - your inner wise woman.
- ▶ Celebrate each step on your journey



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Spiritual/Alignment
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Business/Life Purpose

Service/Community (giving)

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Journal and Dream

