

Set New Goals for BALANCE

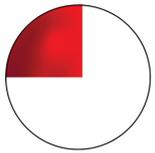
Commit to at least one action you can take in each area to raise create BALANCE in your life and raise your B100 Daily Score.

A large circle is divided into four equal quadrants by a vertical and a horizontal line. Each quadrant is labeled with a category and a score range (0-25) along its outer edge. Inside each quadrant, there are three numbered lines (1., 2., 3.) for writing goals.

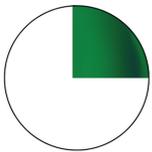
- HEALTH 0-25** (top-left quadrant, red text):
 - 1.
 - 2.
 - 3.
- WEALTH 0-25** (top-right quadrant, green text):
 - 1.
 - 2.
 - 3.
- SPIRIT 0-25** (bottom-left quadrant, blue text):
 - 1.
 - 2.
 - 3.
- FUN 0-25** (bottom-right quadrant, yellow text):
 - 1.
 - 2.
 - 3.



Factors to consider when setting goals in each of the 4 life sectors:



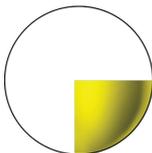
Health- Physical and mental health are at the heart of life, and the force of mind-body connection. Factors to consider: Mental Health, Weight, Diet, Exercise, Nutrition, Rest/Sleep,



Wealth-Money is the vital force of our economy; when we live within our means this gives us the best opportunity to have financial peace of mind. Factors-Career/Job, Savings, Assets, Debt, Communication, Will/Trust



Spirit-Guidance and support from a Higher Power helps us live in balance by choosing faith over fear and service over self, giving life more meaning and purpose. Factors- Prayer, Service/Volunteering, Connecting with Nature.



Fun-Remembering our innocence, energy, playfulness and laughter; approaching life with curiosity, lightness and wonder without having to make sense of it all. Factors- Vacation, Social Activities, Sports & Creativity

Set a goal or goals that you can improve on daily and help you create BALANCE and increase your B100 Score



P.S. Reminder, here at B100 Daily - we're about progress not perfection, and maybe you can be too!