

# Health Balance wheel ♥ KAJE Life Design

Name: \_\_\_\_\_

Date: \_\_\_\_\_

18. To be healthy we must prioritize ourselves highest before others

17. To be healthy we must care for our self and our charisma and appearance

16. To be healthy we must live in nice and harmonious surroundings

15. To be healthy we must engage in giving and loving relationships with close friends

14. To be healthy we must engage in loving and harmonious relations with our loved ones

13. To be healthy we must enter in harmonious relationships on our job and during leisure

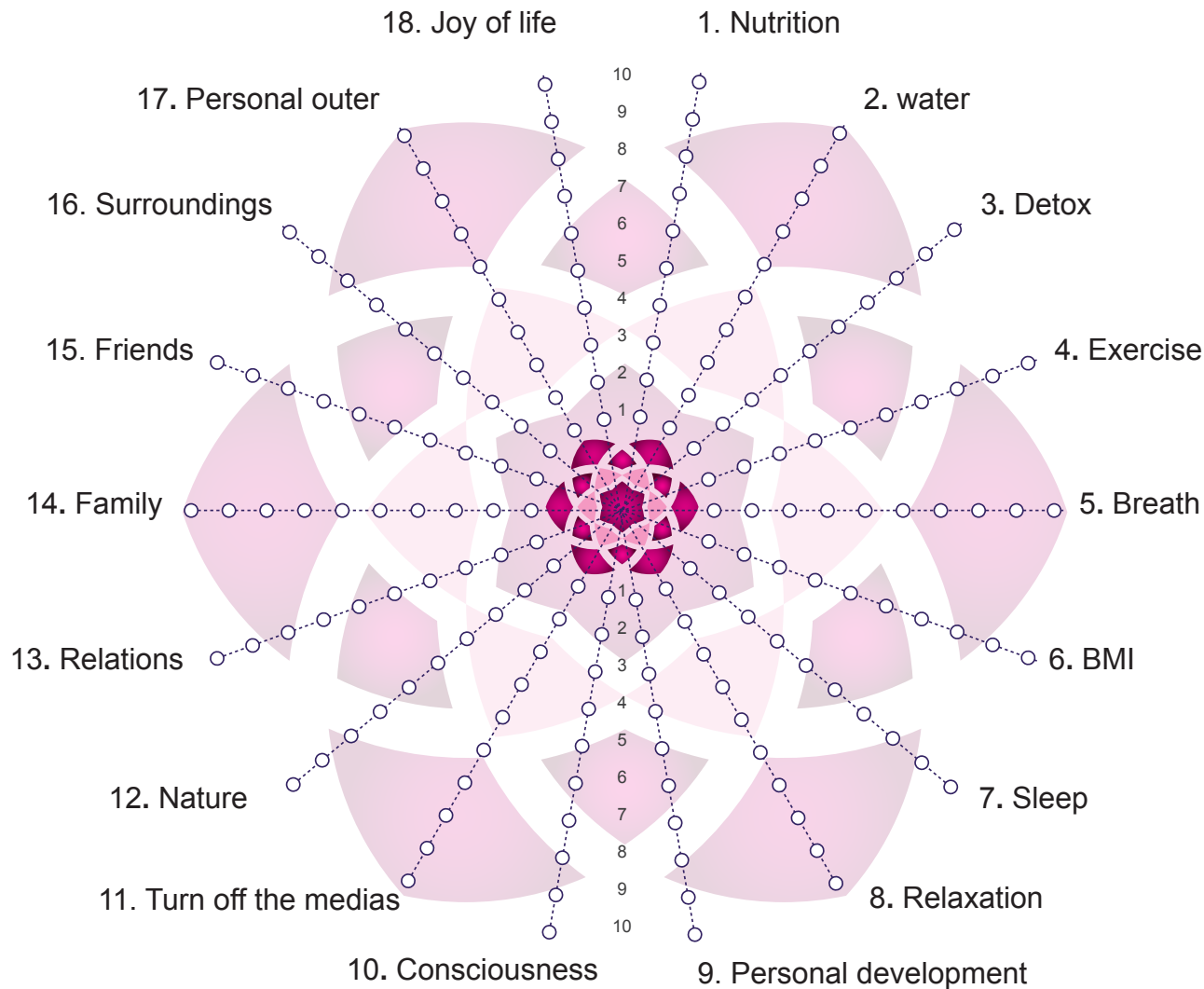
12. To be healthy we must follow the rhythm of the day and be more in touch with nature

11. To be healthy we must be aware of the interference from TV / Radio / Phones

10. To be healthy we must be aware of our own sensitivity

Make this little test and get an overview. Read the wheel clockwise. Rate each of the 18 statements. Be honest - only you are looking ♥ Ask yourself the question "How good am I with ...." (statement 1-18). Mark your numbers in the wheel on a scale of 1-10(highest). Then draw a line from point to point and see

how much of the wheel you cover. You will get an indication on where to keep your focus and take action for the next period. Re-do the test when you feel out of balance. You can get more inspiration on each subject at our Blog and subscribe news at [www.kajelifedesign.com](http://www.kajelifedesign.com) for your Health, Wealth and Happiness



1. To be healthy we must nourish our body with healthy and tasty food, vitamins and minerals

2. To be healthy we must drink plenty of water every day

3. To be healthy we must free our body of waste products

4. To be healthy we must move and use our body every day

5. To be healthy we must breathe properly which means deeply and often into the abdomen

6. To be healthy we must be aware of our BMI

7. To be healthy we must ensure natural and good sleeping habits

8. To be healthy we must be good to let go of thoughts and stress

9. To be healthy we must be in touch with our own personal development