



## THE 3-DAY CHALLENGE

# BRING BACK BALANCE

### WELCOME TO DAY 2 OF THE BRING BACK BALANCE CHALLENGE!

Today, we're going to give ourselves the time for a bit of self-reflection.

I invite you to take 30 minutes to look into your past, present and future. Your past actions determine who you are and where you are at today, while your present actions will determine your future.

When answering the questions, think broadly about all aspects of your life: family, social life, love, health, work, wealth, free time, and so on.

Have fun! And, I'll see you tomorrow!



## The Past

**Describe what you were doing five years ago**

**Describe how you were feeling five years ago**  
*(e.g. happy, sad, anxious, stressed, alive, aligned)*

**What were your goals or ambitions for the future?**



## The Present

**What does your life look like today? (Think broadly)**

**On a scale of 1-10, with '1' being completely out of balance, how balanced is your life?**

**Describe how you feel about your life right now**

**If there was one thing you could change today to make your life feel more balanced, what would that be?**



## The Future

**What would your ideal life look like in five years' time (again, think broadly)?**

**Describe how you would be feeling in that future, balanced lifestyle**