

Pillars of a balanced life

importance / where I am now

- 4 Professional- 7 | 3
 - work internationally
 - get more jobs in New York
 - work with the deaf community more
 - work more in costume design than office jobs
- 4.5 Financial- 7 | 1.5
 - pay off student loans
 - save money to travel
 - get higher paying/higher profile costume gigs
- Physical- 7 | 7
 - am pretty happy where I currently am
 - walk more
- 1 Spiritual- 5.5 | 4.5
 - be more in tune with my place in the world through meditation or deep breathing
- 2 Social Support- 9 | 7
 - don't be afraid to show weakness to friends
 - be more open minded with people I may not agree with
 - show my friends more often how much I appreciate them
- 7 Intimacy- 9 | 2
 - work on abandonment issues to open myself up to someone
 - accept and trust love when it is given
 - be more in the moment, don't worry about the love going away
- Family- 10 | 10
 - communicate more with Sonny
 - be more in touch with my East Coast family
 - show my mom and dad I love them more
- 1.5 Learning/Growth- 8 | 6.5
 - hone my Spanish skills
 - learn French
 - go to life drawing studio classes
- 1.5 Home Office/Environment- 5.5 | 4
 - decorate my apartment
 - be tidier
- 3 Play/Fun- 9 | 6
 - travel, travel, travel
 - see more improve and theater
 - be more appreciative of days when nothing is planned