

# Finding Balance



Libra is represented by the Scales, so this is a sign that is all about balance. For Libra Season, focus on finding that balance!

We all get caught up in something, and this can take our focus away from other important areas of life. So during Libra Season, work on being better at not ignoring other areas.

For the first 2 weeks of Libra Season, each day, keep track of how much attention you've been giving to the main areas of your life. This will help you figure out where your attention has been going, and where it's been lacking. Rate your attention to each area of a scale of 1 to 5.

After those 2 weeks, you should have an idea of where you're being imbalanced with your time. So for the next 2 weeks, try to focus on those areas that have been lacking, and try to give less time to the ones that have sucked up all of the oxygen. Keep track again for 2 more weeks and rate each day. Hopefully by the end, you're doing a lot better - and feeling a lot better!

## **POSITIVE PSYCHOLOGY FOR LIBRA SEASON**

(make as many copies as you need!)

**Date:**

**On a scale of 1 to 5, 1 being not at all and 5 being super focused, rate how much you focused today on each area:**

**Home/family   Relationships   My health**

**My career   My spiritual self   Money**

**Learning   Non-professional goals   Love**

**Date:**

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