

BALANCING WORKSHEET

ASSESSING IMBALANCES

1. Do I have signs of imbalance? Which doshas are involved, and where?

Use your Signs of Imbalance Chart and/or your Current State Survey (Module 4 homework).

2. What are the **sources** in my life of this energy? (try to identify at least 3)

Correlate with VPK in My Life Worksheet (Module 2 homework) if you'd like.

3. Which imbalances are the **most**, or have been around the **longest**?

4. Bonus: Any imbalances seem **secondary**?

Hint: Secondary imbalances came *after* signs of other imbalances had been in those tissues for a while already.

BALANCING APPROACH

5. What *qualities* would be opposite, or balancing, to what you feel in your **emotions and digestion**?



6. Can the **source(s)** of the imbalance be targeted?

If you can't really eliminate the source of an imbalance quickly or easily, try to shift the qualities within the experience - like bringing in plants and calming music to a vata work setting. If you're stuck, bring in the opposite qualities in other ways in life - like vata reducing diet to offset the vata work setting.

7. How can you bring in **opposite qualities**?

Simply brainstorm any ideas that come to mind. If you're stuck on what is opposite, just ask: What qualities would make the symptoms you have feel better? *Anything* that allows you to **feel** the opposite qualities counts!

8. Bonus: Which are the **easiest** changes to bring in?

We all have our ideas of what is going to be best or most effective, and our society prioritizes that in decision making. Here, I'd love for you to prioritize based on ease, or lack of resistance.



APPLY HERE.

9. Pick ONE shift to bring in for digestive, and one change for emotional balance, for the next TWO WEEKS.

This could be a vata reducing approach to food. It could be being still and present while you eat. It could be an earlier bedtime. Aromatherapy, Sticking with your 30min a day practice. Expressing some feelings. ANYTHING!

But please, limit yourself to ONE shift. It's easy to go for two. I want you to experience what just one feels like - simple, loving, present.

One way in which I'll bring in opposite qualities of my imbalance in digestion:

One way in which I'll bring in opposite qualities of my imbalance in my feelings:

