



Journal: Lesson 10

What is my experience of moderation?

Are there areas of my life where more balance and moderation are needed? If so, what has been the obstacle to having or maintaining balance? What can I do right away to make an adjustment? Is there one step I can take or one change I can make?

Have I looked for happiness or a sense of abundance in things or circumstances? Are there ways I am doing that now? If so, how useful is it?

What is my relationship to owning things? Do I tend to accumulate too many things and feel burdened by them? Do I have enough of what I need? Do I need more or desire more?

What have I noticed about clearing space in my environment? Does it support experiencing more energy? Does it make a lasting difference?

Recall a recent experience of tending to your energy flow. How did you do it? What difference did it make?