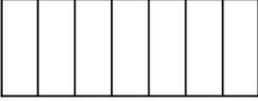
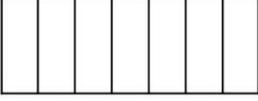


# Heart-Mind Balance

To spot measure how often you use your heart in a day / how much of your heart is present. Ref. PHT 13.



no	my self assessment	notes
1	  	Date: _____ Week No: __
2	  	
3	  	
4	  	
5	  	
6	  	
7	  	
<p>You can do this in three ways:</p> <ol style="list-style-type: none"> <li>(1) How was my mind/brain balance during today (measure 6x); or</li> <li>(2) On average throughout the day (measure only once a day); or</li> <li>(3) How is my balance during times when I attend more to your heart.</li> </ol> <p>Remember to feel and be spontaneous, trust what you feel when you rate yourself. Make a brief note how you feel overall and any other feeling or realisation.</p>		